

# Physical Education Core Curriculum Map

The Physical Education learning journey represents what every learner experiences during the year throughout years 7 to 11. Each rotation represents the targeted seasonal sports that learners study. As each learner progress through 7 to 11 their ability and knowledge improve enabling learners to access new and more complex practices, that are taught to stretch and enhance each learners ability across a wide range of sports.

## SUMMER 2 STRIKING & FIELDING ROTATION

**Cricket**  
Your lessons will look at embedding batting, bowling and fielding skills (7,8) and applying tactics (9/10) e.g. spin bowling and fielding position in a game.

**Softball**  
You will be embedding basic batting, bowling and fielding play (7,8&9) before focusing on positional and tactical play within this unit (10/11).

**Rounders**  
You will be embedding basic batting, bowling and fielding play (7,8&9) before focusing on positional play around bases and tactical play within this unit (10/11).

## Autumn-Spring ROTATION 3

**Volleyball**  
In these units you will learn the key skills to maintain a rally the dig,set (7/8) and spike (9). You will develop your understanding of rules and tactics to outwit opponents in competitive games.

**Football**  
You will learn key skills in practices and apply in games (7/8) consistently (9/10) and show an understanding of tactics and strategy used in football (10/11).

**Basketball**  
You will be able to apply core skills to practices and games (7) with consistency (9/10) developing an understanding of tactics and strategy (10/11) in Basketball

## Autumn-Spring ROTATION 1

**Rugby**  
You will be able to apply core skills to practices and games (7/8) with consistency (9/10) developing an understanding of tactics and strategy (10/11) in Rugby

**Football**  
You will learn key skills in practices and apply in games (7/8) consistently (9/10) and show an understanding of tactics and strategy used in football (10/11).

**Netball**  
You will learn key skills in practices and apply in games (7/8) you learn the positions and the rules associated (9/10) and show an understanding of footwork and offside (10/11).

**Badminton**  
In this unit you develop the skills needed to hold a rally including the serve and clears (7/8) developing into sh rallies using more complex shots such as drop shots and the smash (9/10) progressing to full court games and competition (10/11) in singles and doubles.

## Extra Curricular clubs at HHS

Autumn = Boys and Girls Football  
Badminton Table Tennis  
Netball

Spring = Volleyball Badminton  
Indoor Athletics Handball  
Trampolineing

Summer = Athletics & Cricket



- Sport and further education options:**
1. Year 7-9 Core PE
  2. GCSE PE
  3. A Level / BTEC
  4. BSc DEGREE
  5. MSc / Doctorate
  6. Career in Sport

- Careers in sport:**
- Teaching
  - Professional athlete
  - Sports Journalism
  - Physiotherapy
  - Coaching
  - Nutritionist
  - Medicine
  - Sports therapy
  - Sport Scientist
  - Officiating
  - Sports Media

## KS3 SUMMER 1 ATHLETICS ROTATION

Learn the basic technique required to perform each event (7/8) be able to breakdown each technique (9) and apply coaching points to offer feedback to peers (10/11)

- Throwing
- Jumping
- Sprint & Relay
- Middle Distance

## Autumn-Spring ROTATION 2

**Handball**  
You will be able to apply core skills to practices and games (7/8) with consistency (9/10) developing an understanding of tactics and strategy (10/11) in Handball.

**Trampolineing**  
In this unit you will learn core Trampolineing skills (7/8) and begin to improve the quality of them (9/10) applying them to routines that increase in complexity (9/10/11).

**Table Tennis**  
You will learn basic forehand / backhand shots (7/8) before embedding these shots with defensive & attacking tactics (9/10) to help develop footwork and game strategy (11).

**Gym, SAQ & Fitness**  
You will measure your fitness and develop a safe understanding of different types of exercise (7/8) developing an understanding of how to train to improve fitness components (9/10) and its impact on performance in sport (10/11).

**Our core aim is for you to leave HHS with a love for sport and fitness. Having had access to both popular and less well known sports you can make informed decisions about future participation. You will leave us an understanding of the social, mental and physical benefits of sport and exercise.**