

# PE Curricular Map 2011-12

## YEAR GROUP 7- 9 boys/girls

Wk	Date	Year 7	Year 8	Year 9
1	4 <sup>th</sup> - 8 <sup>th</sup> SEPTEMBER Students start 7 <sup>th</sup> Sept.	<ul style="list-style-type: none"> <li>Setting ground rules for PE and swimming- sportspersonship, respect, teamwork.</li> <li>Expectations in PE and Swimming – health and safety, discipline, behaviour – code of conduct, what happens if students do not follow the rules.</li> <li>Baseline assessments – informal</li> </ul>		
2	11 <sup>th</sup> – 15 <sup>th</sup> <b>IPC topics begin</b>			
3	18 <sup>th</sup> – 22 <sup>nd</sup>	<p><b>IMYC topic – BALANCE</b></p> <p>Visit to Quay skillz gym to enter the topic.</p> <p>Explore balance through a variety of sports and fitness.</p> <p><b>Swimming</b> – stroke development</p>	<p><b>Girls</b> – games skills, rules of the games, co-ordination, rounders, basketball, netball, cricket, benchball, dodgeball</p> <p><b>Boys</b> - Football – skills development, rules of the game, match practice, mini tournaments.</p> <p><b>Swimming</b> – stroke development</p>	<p><b>Girls</b> – games skills, rules of the games, co-ordination, rounders, basketball, netball, cricket, benchball, dodgeball</p> <p><b>Boys</b> - Football – skills development, rules of the game, match practice, mini tournaments.</p> <p><b>Swimming</b> – stroke development</p>
4	25 <sup>th</sup> – 29 <sup>th</sup> Sept			
5	2 <sup>nd</sup> – 6 <sup>th</sup> OCTOBER			
6	9 <sup>th</sup> -13 <sup>th</sup> October			
7	16 <sup>th</sup> – 20 <sup>th</sup> OCTOBER			
8	23 <sup>rd</sup> – 27 <sup>th</sup>			
9	30 <sup>th</sup> Oct – 3 <sup>rd</sup> NOVEMBER			
10	7 <sup>th</sup> – 10 <sup>th</sup> November	EID AL ADHA		

Wk	Date	Year 7	Year 8	Year 9
11	13 <sup>th</sup> – 17 <sup>th</sup>	Handball Swimming – bilateral breathing, stroke technique, diving	Handball Swimming – bilateral breathing, stroke technique, diving	Handball Swimming – bilateral breathing, stroke technique, diving
12	20 <sup>th</sup> – 24 <sup>th</sup>			
13	27 <sup>th</sup> Nov – 1 <sup>st</sup> DECEMBER	Basketball- Skills, drills, rules, tactics, throwing, catching, sporting behaviour, teamwork, leadership, co-ordination, cooperation, strategic play. Swimming - distance, stamina building	Basketball - Skills, drills, rules, tactics, throwing, catching, sporting behaviour, teamwork, leadership, co-ordination, cooperation, strategic play.  Swimming - distance, stamina building	Basketball - Skills, drills, rules, tactics, throwing, catching, sporting behaviour, teamwork, leadership, co-ordination, cooperation, strategic play.  Swimming - distance, stamina building
14	4 <sup>th</sup> – 8 <sup>th</sup>			
15	11 <sup>th</sup> – 15 <sup>th</sup>			
16	18 <sup>th</sup> – 22 <sup>nd</sup>	Holiday	Holiday	Holiday
17	25 <sup>th</sup> – 29 <sup>th</sup> December	Holiday	Holiday	Holiday
18	1 <sup>st</sup> Jan – 5 <sup>th</sup> JANUARY	Athletics <b>Track</b> Sprints Distance running	Athletics <b>Track</b> Sprints Distance running	Athletics <b>Track</b> Sprints Distance running
19	8 <sup>th</sup> – 12 <sup>th</sup>	Hurdles <b>Field Events</b>	Hurdles <b>Field Events</b>	Hurdles <b>Field Events</b>
20	15 <sup>th</sup> – 19 <sup>th</sup>	Discus Javelin	Discus Javelin	Discus Javelin
21	22 <sup>nd</sup> – 26 <sup>th</sup>	Shot Putt High jump	Shot Putt High jump	Shot Putt High jump
22	29 <sup>th</sup> Jan – 2 <sup>nd</sup> FEBRUARY	Long jump Swimming – techniques of 4 strokes  <b>*January to June – Year 7 girls only – JSLA programme with Ms Kirsty</b>	Long jump Swimming – techniques of 4 strokes	Long jump Swimming – techniques of 4 strokes

Wk	Date	Year 7	Year 8	Year 9
23	5 <sup>th</sup> – 9 <sup>th</sup> Feb	<b>SPORTS DAYS – SRS OLYMPICS</b>		
24	12 <sup>th</sup> – 16 <sup>th</sup>			
25	19 <sup>th</sup> – 23 <sup>rd</sup> February	<b>Volleyball</b>  Skills, serving, volleying, spiking, setting, returning serves, digging, floor shots.  Rules of the game  Umpiring	<b>Volleyball</b>  Skills, serving, volleying, spiking, setting, returning serves, digging, floor shots.  Rules of the game  Umpiring	<b>Volleyball</b>  Skills, serving, volleying, spiking, setting, returning serves, digging, floor shots.  Rules of the game  Umpiring
26	26 <sup>th</sup> Feb – 1 <sup>st</sup> MARCH			
27	4 <sup>th</sup> – 8 <sup>th</sup>			
28	11 <sup>th</sup> – 15 <sup>th</sup>			
29	18 <sup>th</sup> -22 <sup>nd</sup> March			
30	25 <sup>th</sup> – 29 <sup>th</sup> March	Break	Break	Break
31	1 <sup>st</sup> – 5 <sup>th</sup> APRIL	Break	Break	Break

Wk	Date	Year 7	Year 8	Year 9
32	8 <sup>th</sup> – 12 <sup>th</sup> APRIL	<b>Volleyball</b> – mini class tournaments- 4x4 matches	<b>Volleyball</b> – mini class tournaments- 4x4 matches	<b>Volleyball</b> – mini class tournaments- 4x4 matches
33	15 <sup>th</sup> – 19 <sup>th</sup> 16th yr 3-6 girls gala 17th yr 3-6 boys gala 18th 7-12 girls gala 19th 7-12 boys gala	GALAS		
34	22 <sup>nd</sup> – 26 <sup>th</sup>	<b>Racquet skills-</b> Badminton, tennis	<b>Racquet skills-</b> Badminton, tennis	<b>Racquet skills-</b> Badminton, tennis
35	29 <sup>th</sup> April – 3 <sup>rd</sup> MAY	Swimming – stroke development water polo	Swimming – stroke development water polo	Swimming – stroke development water polo
36	6 <sup>th</sup> – 10 <sup>th</sup> May			
37	13 <sup>th</sup> – 17th	<b>Other ball skills-</b> <b>Striking and fielding – cricket, rounders, baseball</b> Hockey, rounders, benchball, dodgeball, table tennis, beach volleyball, beach football (boys only)	<b>Other ball skills-</b> <b>Striking and fielding – cricket, rounders, baseball</b> Hockey, rounders, benchball, dodgeball, table tennis, beach volleyball, beach football (boys only)	<b>Other ball skills-</b> <b>Striking and fielding – cricket, rounders, baseball</b> Hockey, rounders, benchball, dodgeball, table tennis, beach volleyball, beach football (boys only)
38	20 <sup>th</sup> -24 <sup>th</sup>			
39	27 <sup>th</sup> -31 <sup>st</sup> May <b>Assessments swimming</b>			
40	3 <sup>rd</sup> – 7 <sup>th</sup> JUNE <b>Assessments PE+swimming</b>			
		Swimming – stroke development water polo	Swimming – stroke development water polo	Swimming – stroke development water polo

Wk	Date	Year 7	Year 8	Year 9
41	10 <sup>th</sup> – 14 <sup>th</sup> <b>Assessments PE+swimming</b>	<b>Team games/teamwork skills/fitness and health</b> <ul style="list-style-type: none"> <li>• Build on previous learning</li> <li>• Knowledge of rules</li> <li>• Choices – play favourite games/sports students have enjoyed over the year.</li> </ul>	<b>Team games/teamwork skills/fitness and health</b> <ul style="list-style-type: none"> <li>• Build on previous learning</li> <li>• Introduce more formal type games –students plan tournament</li> <li>• Choices – play favourite games/sports students have enjoyed over the year.</li> <li>• What can they improve on for next year? Self/peer evaluations</li> <li>• PE/ Swimming assessments</li> </ul>	<b>Team games/teamwork skills/fitness and health</b> <ul style="list-style-type: none"> <li>• Build on previous learning</li> <li>• Introduce more formal type games</li> <li>• Choices in sport – discuss what skills are required in different sports</li> <li>• Students plan what the lesson will include</li> <li>• How can they improve for next year? Self/peer evaluations</li> <li>• PE/Swimming assessments</li> </ul>
42	17 <sup>th</sup> – 21 <sup>st</sup> <b>Assessments in to HoD</b>	<ul style="list-style-type: none"> <li>• What can they improve on for next year? Self/peer evaluations</li> <li>• PE /Swimming assessments</li> </ul> <p>Swimming – water skills, floats, jumping, diving, picking up objects from floor, safety.</p>	<ul style="list-style-type: none"> <li>• What can they improve on for next year? Self/peer evaluations</li> <li>• PE/ Swimming assessments</li> </ul> <p>Swimming – water skills, floats, jumping, diving, picking up objects from floor, safety.</p>	<ul style="list-style-type: none"> <li>• How can they improve for next year? Self/peer evaluations</li> <li>• PE/Swimming assessments</li> </ul> <p>Swimming – water skills, floats, jumping, diving, picking up objects from floor, safety.</p>
43	24 <sup>th</sup> – 28 <sup>th</sup> JUNE	<b>No students in school</b>		
		<ul style="list-style-type: none"> <li>✓ Finalise assessments and reports</li> <li>✓ Tidy out cupboards</li> <li>✓ Training as required</li> </ul>		