

# PE Curriculum Map

<b>Year 7</b>	<p><b>Practical:</b> Badminton (Hook - Football /Trampolining)</p> <p><b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance)</p> <p><b>Theoretical Content:</b> Socio-cultural influences</p>	<p><b>Practical:</b> Basketball (Hook-Dodgeball /Trampolining)</p> <p><b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination)</p> <p><b>Theoretical Content:</b> Muscoskeletal System</p>	<p><b>Practical:</b> Table Tennis (Hook-Football/ Trampolining)</p> <p><b>Baseline Test:</b> Illinois Agility Test (Agility)</p> <p><b>Theoretical Content:</b> Cardiorespiratory System</p>	<p><b>Practical:</b> Handball (Hook- Dodgeball /Football)</p> <p><b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance)</p> <p><b>Theoretical Content:</b> Effects of Exercise on Body Systems</p>	<p><b>Practical:</b> Athletics &amp; Field Events (Hook-Dodgeball/Football)</p> <p><b>Baseline Test:</b> Sit &amp; Reach Test (Flexibility)</p> <p><b>Theoretical Content:</b> Components of Fitness</p>	<p><b>Practical:</b> Cricket (Hook-Rounders/ Football)</p> <p><b>Baseline Test:</b> Sargent Jump Test (Power)</p> <p><b>Theoretical Content:</b> Principles of Training</p>
<b>Year 8</b>	<p><b>Practical:</b> Badminton (Hook- Football/ Trampolining)</p> <p><b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance)</p> <p><b>Theoretical Content:</b> Drugs in Sport</p>	<p><b>Practical:</b> Basketball (Hook- Dodgeball/ Trampolining)</p> <p><b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination)</p> <p><b>Theoretical Content:</b> Movement Analysis</p>	<p><b>Practical:</b> Table Tennis (Hook- Football/ Trampolining)</p> <p><b>Baseline Test:</b> Illinois Agility Test (Agility)</p> <p><b>Theoretical Content:</b> Biomechanics</p>	<p><b>Practical:</b> Handball (Hook-Dodgeball/ Football)</p> <p><b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance)</p> <p><b>Theoretical Content:</b> Health, Fitness &amp; Wellbeing</p>	<p><b>Practical:</b> Athletics &amp; Field Events (Hook-Rounders/ Football)</p> <p><b>Baseline Test:</b> Sit &amp; Reach Test (Flexibility)</p> <p><b>Theoretical Content:</b> Fitness Testing</p>	<p><b>Practical:</b> Cricket (Hook-Rounders/ Football)</p> <p><b>Baseline Test:</b> Sargent Jump Test (Power)</p> <p><b>Theoretical Content:</b> Injury Prevention</p>
<b>Year 9</b>	<p><b>Practical:</b> Football, Badminton</p> <p><b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance)</p> <p><b>Theoretical Content:</b> Functions &amp; Components of the Cardiovascular System</p>	<p><b>Practical:</b> Basketball, Table Tennis</p> <p><b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination)</p> <p><b>Theoretical Content:</b> Blood Vessel Types &amp; Functions</p>	<p><b>Practical:</b> Handball, Fitness</p> <p><b>Baseline Test:</b> Illinois Agility Test (Agility)</p> <p><b>Theoretical Content:</b> Cardiovascular System; Long-term &amp; Short-term effects on the body</p>	<p><b>Practical:</b> Tag Rugby, Dodgeball</p> <p><b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance)</p> <p><b>Theoretical Content:</b> Structure &amp; Function of the Respiratory System</p>	<p><b>Practical:</b> Athletics &amp; Field Events</p> <p><b>Baseline Test:</b> Sit &amp; Reach Test (Flexibility)</p> <p><b>Theoretical Content:</b> Respiratory System; Long-term &amp; Short-term effects on the Body</p>	<p><b>Practical:</b> Rounders, Cricket</p> <p><b>Baseline Test:</b> Sargent Jump Test (Power)</p> <p><b>Theoretical Content:</b> Lung Volume, Recap on Previously Taught Topics in Yr. 9</p>
<b>Year 10</b>	<p><b>Practical:</b> Badminton (Hook -Football/ Trampolining)</p> <p><b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance)</p> <p><b>GCSE Content:</b> Socio-Cultural Influences, Drugs in Sport, Commercialisation &amp; Ethical Issues.</p>	<p><b>Practical:</b> Basketball (Hook-Dodgeball/ Trampolining)</p> <p><b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination)</p> <p><b>GCSE Content:</b> Muscoskeletal System, Movement Analysis, Biomechanics.</p>	<p><b>Practical:</b> Table Tennis(Hook - Football/ Trampolining)</p> <p><b>Baseline Test:</b> Illinois Agility Test (Agility)</p> <p><b>GCSE Content:</b> Cardiorespiratory System, Movement Analysis, Biomechanics</p>	<p><b>Practical:</b>Handball (Hook-Dodgeball/ Football)</p> <p><b>Baseline Test:</b> Multistage Fitness Test (Muscular Endurance)</p> <p><b>GCSE Content:</b> Effects of Exercise on Body Systems, Health, Fitness &amp; Wellbeing, Diet &amp; Nutrition</p>	<p><b>Practical:</b> Athletics &amp; Field Events (Hook-Rounders/ Football)</p> <p><b>Baseline Test:</b> Sit &amp; Reach Test (Flexibility)</p> <p><b>GCSE Content:</b> Components of Fitness, Fitness Testing, Principles of Training</p>	<p><b>Practical:</b> Cricket (Hook-Rounders/ Football)</p> <p><b>Baseline Test:</b> Sargent Jump Test (Power)</p> <p><b>GCSE Content:</b> Principles of Training, Injury Prevention, Goal-Setting</p>
<b>Year 11</b>	<p><b>Practical:</b> Badminton (Hook-Football/ Trampolining)</p> <p><b>Baseline Test:</b> Coopers Run (Cardiovascular Endurance)</p> <p><b>GCSE Content:</b> Skill Classification, Goal Setting, AEP</p>	<p><b>Practical:</b> Basketball (Millside and Activate) Football (Springboard only) (Hook-Dodgeball/ Trampolining)</p> <p><b>Baseline Test:</b> Alternative Hand Wall Toss Test (Coordination)</p> <p><b>GCSE Content:</b> Socio-Cultural Influences, AEP</p>	<p><b>Practical:</b> Table Tennis (Hook-Football/ Trampolining)</p> <p><b>Baseline Test:</b> Illinois Agility Test (Agility)</p> <p><b>GCSE Content:</b> Mental Preparation, Guidance &amp; Feedback (Millside and Activate) Classification of Skill. Performance Guidance and Feedback in Sport, Mental Preparation and Goal Setting. (Springboard only)</p>	<p><b>Content for non-exam assessment :</b> Analysing and Evaluating Performance</p> <p><b>Practical NEA Moderation</b></p> <p><b>Springboard only</b> Baseline Test:Multistage Fitness Test (Muscular Endurance)</p> <p><b>GCSE Content:</b>Social Groupings and Participartion in Sport. Ethical Factors in Sport Commercialisation in Sport</p>	<p><b>Exam revision</b></p> <p><b>Springboard only</b> Practical NEA Moderation Baseline Test-Sit and Reach Test (Flexibility) GCSE Content Aerobic and Anaerobic Systems Long and Short Term Effects of Exercise Revisit any uncompleted or topics in need of practice. Exam preparation</p>	<p><b>Examinations</b></p>