

## Curriculum Map - PE

	Year 7 & 8	Year 9	Year 10	Year 11
<b>Au1</b>	<p>Gym</p> <p>The purpose of this term is to familiarize students with the weight room, proper procedures, and how to lift correctly and safely.</p>	<p>Gym</p> <p>Students will start:</p> <p>To learn and understand commonly used terminology found in a gym.</p> <p>Recognise and describe human anatomy in an exercise capacity.</p>	<p>Gym</p> <p>Explain and understand the short/ long term effects of exercise on the human body.</p>	<p>Gym</p> <p>Be able to set a fitness programme for different fitness targets (eg endurance, strength, mobility etc).</p>
<b>Au2</b>	<p>Boxing at STMA</p> <p>Improves coordination, reflexes, and aerobic and anaerobic conditioning.</p> <p>Introduction to simple boxing and fitness techniques.</p> <p><b>Qualification/ Award:</b></p> <p><a href="#"><u>AQA Entry level Boxing Unit 1</u></a></p>	<p>Boxing at STMA</p> <p>Improves coordination, reflexes, and aerobic and anaerobic conditioning</p> <p>Further develop boxing knowledge and use more advanced techniques.</p>	<p>Boxing at STMA</p> <p>Improves coordination, reflexes, and aerobic and anaerobic conditioning</p> <p>Introduce a contact element to boxing via partner work and specific sparring drills.</p>	<p>Boxing at STMA – safe sparring</p> <p>Improves coordination, reflexes, and aerobic and anaerobic conditioning</p> <p>Develops confidence, timing, emotional resilience and self control.</p> <p>Complete understanding of a boxing gym; Bagwork, padwork, skipping, sparring, strength and conditioning.</p>
<b>Sp1</b>	<p><b>Application of Fitness</b></p> <p>Sports Hall or CC Gym in case of poor weather</p> <p>Bleep test, circuits, tug of war, Callisthenics – body weight exercises.</p>	<p><b>Application of Fitness</b></p> <p>Sports Hall or CC Gym of poor weather</p> <p>Bleep test, circuits, tug of war,</p>	<p><b>Application of Fitness</b></p> <p>Sports Hall or CC Gym in case of poor weather</p> <p>Bleep test, circuits, tug of war,</p>	<p><b>Application of Fitness</b></p> <p>Sports Hall or CC Gym in case of poor weather</p> <p>Bleep test, circuits, tug of war,</p>

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	<p>Different ways to train. Fitness tests and how the data might be used. Understanding benefits of body weight training.</p> <p><a href="https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=117924">https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=117924</a></p>	<p>Callisthenics – body weight exercises.</p> <p>Different ways to train. Fitness tests and how the data might be used. Understanding benefits of body weight training. Understanding how to perform different exercises in a circuit. Understanding how to train progressively to develop strength, speed or endurance.</p>	<p>Callisthenics – body weight, intro to Strength and Conditioning to prevent/recover from injury</p> <p>Different ways to train. Fitness tests and how the data might be used. Understanding benefits of body weight training. Understanding how to perform different exercises in a circuit. Understanding how to train progressively to develop strength, speed or endurance. Food groups and nutrients the body needs to support effective, regular training.</p>	<p>Callisthenics – body weight, intro to Strength and Conditioning training to prevent/recover from injury</p> <p>Different ways to train. Fitness tests and how the data might be used. Understanding benefits of body weight training. Understanding how to perform different exercises in a circuit. Understanding how to train progressively to develop strength, speed or endurance. Food groups and nutrients the body needs to support effective, regular training. Basic S&amp;C drills to strengthen isolated and groups of muscles.</p>
<b>Sp2</b>	<p><b>Fencing</b></p> <p>This term will cover; Forms and techniques Scoring and regulations How to remain safe whilst fencing</p> <p>Students will increase mental awareness, Improved endurance, stamina and strength.</p>	<p><b>Fencing</b></p> <p>This term will cover; Forms and techniques Scoring and regulations How to remain safe whilst fencing</p> <p>Students will increase mental awareness, Improved endurance, stamina and strength</p>	<p><b>Fencing</b></p> <p>This term will cover; Forms and techniques Scoring and regulations How to remain safe whilst fencing</p> <p>Students will increase mental awareness, Improved endurance, stamina and strength</p>	<p><b>Fencing</b></p> <p>This term will cover; Forms and techniques Scoring and regulations How to remain safe whilst fencing</p> <p>Students will increase mental awareness, Improved endurance, stamina and strength</p>

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<b>Su1</b>	<p>American Football.</p> <p>Sessions will begin with a sport specific warm up that is related to that session's objective. KS3 will focus on flag football, a non-contact invasion game.</p> <p>By the end of the term students would have developed an understanding of; Sportsmanship Sports etiquette Rules of the games Refereeing and Umpiring Scoring system</p>	<p>American Football.</p> <p>Sessions will begin with a sport specific warm up that is related to that session's objective. KS3 will focus on flag football, a non-contact invasion game.</p> <p>By the end of the term students would have developed an understanding of; Sportsmanship Sports etiquette Rules of the games Refereeing and Umpiring Scoring system</p>	<p>American Football.</p> <p>Sessions will begin with a sport specific warm up that is related to that session's objective. KS4 will follow <a href="http://Britishamericanfootball.org">Britishamericanfootball.org</a> guidance on Contact football.</p> <p>By the end of the term students would have developed an understanding of; Sportsmanship Sports etiquette Rules of the games Refereeing and Umpiring Scoring system</p>	<p>American Football.</p> <p>Sessions will begin with a sport specific warm up that is related to that session's objective. KS4 will follow <a href="http://Britishamericanfootball.org">Britishamericanfootball.org</a> guidance on Contact football.</p> <p>By the end of the term students would have developed an understanding of; Sportsmanship Sports etiquette Rules of the games Refereeing and Umpiring Scoring system</p>
<b>Su 2</b>	<p><b>Watersports</b></p> <p>Sessions to include kayaking, canoeing, or stand-up paddleboards. Students will join an instructor on paddle around the local area.</p> <p>Term will cover: Clothing and Equipment Safety frameworks Self-rescues Deep water rescues Reflection and development</p>	<p><b>Watersports</b></p> <p>Sessions to include kayaking, canoeing, or stand-up paddleboards. Students will join an instructor on paddle around the local area.</p> <p>Term will cover: Clothing and Equipment Safety frameworks Self-rescues Deep water rescues Reflection and development</p>	<p><b>Watersports</b></p> <p>Sessions to include kayaking, canoeing, or stand-up paddleboards. Students will join an instructor on paddle around the local area.</p> <p>Term will cover: Clothing and Equipment Safety frameworks Self-rescues Deep water rescues Reflection and development</p>	<p><b>Watersports</b></p> <p>Sessions to include kayaking, canoeing, or stand-up paddleboards. Students will join an instructor on paddle around the local area.</p> <p>Term will cover: Clothing and Equipment Safety frameworks Self-rescues Deep water rescues Reflection and development</p>

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### **Curriculum Design for PE at Cranbury College**

Physical Education is used to develop students' motor skills, leadership skills, teamwork skills and communication skills. We want to provide our students with the opportunity to gain a greater understanding of themselves and others and how working together can benefit everyone. We aim to promote healthy lifestyles and build their resilience to various challenges as we prepare them for the wider world.