

Physical Education Knowledge Map

Our key intent is to provide a broad and varied curriculum that encourages participation and inspires our students to lead an active healthy lifestyle. Pupils are at the centre of our curriculum; in which promotes skill development, inter personal skills and participation in a broad knowledge of sport.

The Big Knowledge Picture



Team Games – Invasion E.g. Netball, Football, Handball	Outdoor & Adventurous Activities – E.g. problem solving skills, orienteering	Competitive Inter House Sports & Alternative Sports – E.g. inter-house competitions & trying new activities	Health & Fitness – E.g. How to prepare for, perform and measure fitness
Team Game (striking & fielding) E.g. Cricket, Softball, Rounders	Athletics – E.g. Running, Jumping & Throwing Events	Creative & Aesthetic Activities – E.g. Gymnastics, Dance	Individual Games (Net/Wall) – E.g. Badminton, Table Tennis

- School Teams and Competitions:**
- Football (SSSSPEF & ESFA Cup)
 - Basketball (SSSSPEF & Junior NBA)
 - Netball (SSSSPEF)
 - Cricket (SSSSPEF Indoor and Outdoor)
 - Rounders (SSSSPEF)
 - School Games Events

The KS3 Big Questions

The KS4 Big Questions

Hands – Motor Competence (60%)
 Can you perform a variety of skills and techniques across a range of sports/activities with fluency and consistency.

Head – Rules, Tactics & Strategies (20%)
 To apply tactical/choreographic knowledge to influence performance.

Heart – Healthy Participation (20%)
 To use excellent communication skills and work co-operatively with peers. To understand the importance of participation for lifelong health and fitness.



Core & Advanced Skills
 Can you demonstrate core skills and some advanced skills for different activities in isolation and under competitive pressure in performance situations?

Rules / Decision Making / Tactical Awareness
 Can you apply appropriate team strategies/tactics/compositional ideas demonstrating a good understanding of many activities?

Personal & social skills
 Do you show a strong level of resilience, determination and task adherence within your performances regardless of the activity?

