

Physical Education Knowledge Map

Our curriculum's key aim is engagement and enjoyment for all students. For students to build a lifelong love of sport/physical activity and to experience a wide range of sports & activities in different contexts.

The Big Knowledge Picture

Year 7

Year 11

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

Leadership & Roles – E.g. Learning leadership skills and performing different roles such as coaching, officiating, organising

The KS3 Big Questions

Year 7

Year 9

The KS4 Big Questions

Year 10

Year 11

Physical ability, skills, techniques
Can you apply a range of skills and techniques in isolation, a conditioned competitive game or full performance?

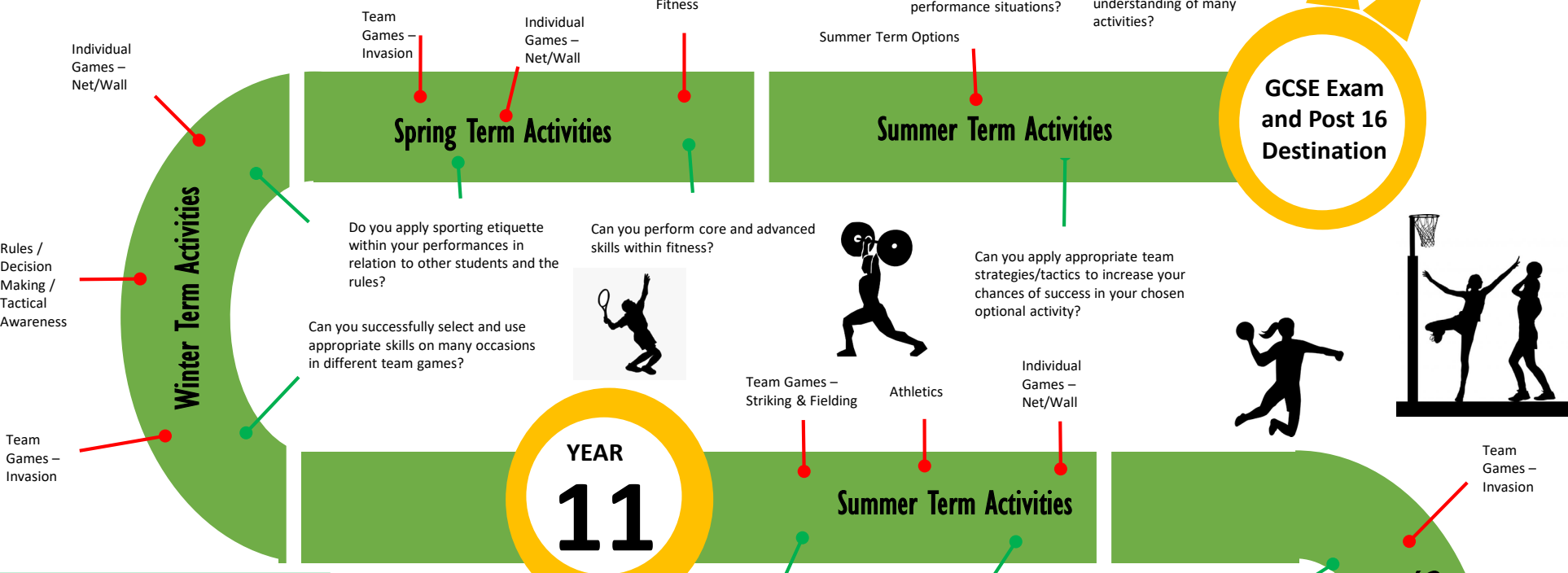
Understanding & reasoning
Can you identify and explain many of the strengths and weaknesses in others performances & offer effective ways to improve these performances?

Personal & social skills
Can you confidently give and receive feedback with other students. Act upon this feedback showing a commitment to improving their work?

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?



Examination PE (Options) Key Stage 4
OCR Cambridge National – Sports Science

- Reducing the risk of sports injuries
- Applying principles of training
- Sports nutrition
- Technology in sport

