



Pendle Community High School and College 2023-24

Curriculum Map for **Physical Education:**

Lead: Nicola Dean/Mr Ali

		Autumn Term 2022	Spring Term 2023	Summer Term 2023
	<p align="center">Year 7 Pupils will apply and develop a broader range of skills, learning how to develop them in different ways.</p>	<p>KS3 yr. 7</p> <p><u>Autumn 1</u></p> <p>Baseline</p> <p>Movement and Dance</p> <p><u>Autumn 2</u></p> <p>Health Related Exercise (L1-6)</p> <p>Football (L7-12)</p>	<p>KS3 yr. 7</p> <p><u>Spring 1</u></p> <p>Basketball (L1-6)</p> <p>Tag Rugby (L7-12)</p> <p><u>Spring 2</u></p> <p>(OAA) Orienteering (L1-6)</p> <p>Badminton (L7-12)</p>	<p>KS3 yr. 7</p> <p><u>Summer 1</u></p> <p>Cricket (L1-6)</p> <p>Rounders (L7-12)</p> <p><u>Summer 2</u></p> <p>Track and Field / Athletics</p>
	<p align="center">Year 8 & 9</p>	<p>KS 3 YR 8 & 9</p> <p><u>Autumn 1</u></p> <p>Movement and Dance</p> <p>Health Related Exercise</p> <p><u>Autumn 2</u></p> <p>Football (L1-6)</p> <p>Basketball (L7-12)</p>	<p>KS 3 YR 8 & 9</p> <p><u>Spring 1</u></p> <p>Tag Rugby (L1-6)</p> <p>Badminton (L7-12)</p> <p><u>Spring 2</u></p> <p>Year 8 - Climbing / Year 9 - Sailing</p> <p>Ullswater trip</p> <p>Orienteering</p>	<p>KS 3 YR 8 & 9</p> <p><u>Summer 1</u></p> <p>Cricket (L1-6)</p> <p>Rounders (L7-12)</p> <p><u>Summer 2</u></p> <p>Track and Field /Athletics</p>

	<p>Themes Mixed</p>	<p>Movement and Dance / Trikes / Ball skills</p> <p>To develop fine & gross motor skills. activities.</p> <p>To enjoy freedom and independence.</p> <p>Movement / Dance-Human Body-Shape</p> <p>To participate in wet/dry Physiotherapy activities.</p>	<p>Movement - Team games / Boccia / Skittles / Curling.</p> <p>To increase sensory development. To develop fine & gross motor skills.</p> <p>Movement / Dance-Position & Direction-Travel</p> <p>To participate in wet/dry Physiotherapy activities.</p> <p>(OAA) Calvert Trust</p>	<p>Athletics / Mat work- Games / Trikes</p> <p>To enjoy freedom and independence.</p> <p>To improve confidence and self-esteem.</p> <p>Movement/Dance-Superheroes-Outdoor environment</p> <p>To participate in wet/dry Physiotherapy activities.</p>
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	<p>Year 10 Links with AQA Unit Awards & Prince Trust</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Autumn 1</u></p> <p>Health Related Fitness (L1-6) (Aerobic and Anaerobic activities)</p> <p>Fitness suite (L7-12) 108570 INTRODUCTIONS TO EXERCISE WITH SUPPORT. Pre-Entry 99605 USING A FITNESS ROOM. Entry Level</p> <p><u>Autumn 2</u></p> <p>Football (L1-6) 116482 AN INTRODUCTION TO FOOTBALL Level one</p> <p>Basketball (L7-12) 115106 PARTICIPATING IN A BASKETBALL SKILLS LESSON. Pre Entry Level</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Spring 1</u></p> <p>Tag Rugby (L1-6)</p> <p>Badminton (L7-12) 72348 TEAM GAMES (UNIT 2) Entry Level 113251 INTRODUCTION TO TEAM GAMES Entry Level</p> <p>Ullswater Trip</p> <p><u>Spring 2</u></p> <p>Sailing 72348 TEAM GAMES (UNIT 2) Entry Level 113251 INTRODUCTION TO TEAM GAMES Entry Level</p> <p>Orienteering</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Summer 1</u></p> <p>Cricket (L1-6) 116492 AN INTRODUCTION TO CRICKET, WITH SUPPORT Entry Level 72767 BASIC CRICKET SKILLS Entry Level 117296 CRICKET SKILLS (UNIT 1) Level one</p> <p>Rounders (L7-12)</p> <p><u>Summer 2</u></p> <p>Track & Field / Athletics 115937 ATHLETIC SKILLS WITH SUPPORT-Pre-Entry Level</p>
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	<p style="text-align: center;">Year 11 AQA Unit Awards & Prince Trust</p> <p>Sailing: This is a 7 week course where pupils gain skills, participate in different activities and are assessed to achieve RYA Certificate.-Entry, Bronze, Silver & Gold.</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Autumn 1</u></p> <p>Health Related Fitness (L1-6) (Aerobic and Anaerobic activities)</p> <p>Fitness suite (L7-12)</p> <p>108570 INTRODUCTIONS TO EXERCISE WITH SUPPORT. Pre-Entry</p> <p>99605 USING A FITNESS ROOM. Entry Level</p> <p><u>Autumn 2</u></p> <p>Football (L1-6)</p> <p>116482 AN INTRODUCTION TO FOOTBALL Level one</p> <p>Basketball (L7-12)</p> <p>115106 PARTICIPATING IN A BASKETBALL SKILLS LESSON. Pre Entry Level</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Spring 1</u></p> <p>Tag Rugby (L1-6)</p> <p>Badminton (L7-12)</p> <p>72348 TEAM GAMES (UNIT 2) Entry Level</p> <p>113251 INTRODUCTION TO TEAM GAMES Entry Level</p> <p><u>Spring 2</u></p> <p>Sailing</p>	<p>KS 4</p> <p>AQA Awards</p> <p><u>Summer 1</u></p> <p>Cricket (L1-6)</p> <p>116492 AN INTRODUCTION TO CRICKET, WITH SUPPORT Entry Level</p> <p>72767 BASIC CRICKET SKILLS Entry Level</p> <p>117296 CRICKET SKILLS (UNIT 1) Level one</p> <p>Rounders (L7-12)</p> <p><u>Summer 2</u></p> <p>Track & Field / Athletics</p> <p>115937 ATHLETIC SKILLS WITH SUPPORT-Pre-Entry Level</p>
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	<p>Marsden/Calder Pupils' will develop fundamental movement skills, become competent, confident and access a broad range of opportunities.</p>	<p>KS 3, 4 & 5 Coordination/ Trikes Music and movement</p>	<p>KS 3, 4 & 5 Ball skills Team games-Boccia / Skittles</p>	<p>KS 3, 4 & 5 Athletics/ Mat work Games/Trikes</p>
	<p>Post 16 AQA Unit Awards Moving on/Traveller Unit Awards.</p>	<p>KS 5 Working as a Group-Team games</p>	<p>KS 5 Personal Development-Health & Fitness Sailing-: This is a 7 week course where students will gain skills, participate in different activities and be assessed to achieve RYA Certificate. -Entry, Bronze, Silver & Gold.</p>	<p>KS 5 Health- Athletics/Field</p>
	<p>Additional activities Hydrotherapy & Rebound Therapy Aqa Unit Awards Onwards & Upwards system</p>	<p>KS 3, 4 & 5 To increase sensory development. To improve confidence and self-esteem. To enjoy freedom and independence. To participate in wet/dry Physiotherapy activities.</p>	<p>KS 3, 4 & 5 To increase sensory development. To improve confidence and self-esteem. To enjoy freedom and independence. To participate in wet/dry Physiotherapy activities.</p>	<p>KS 3,4 & 5 To increase sensory development. To improve confidence and self-esteem. To enjoy freedom and independence. To participate in wet/dry Physiotherapy activities.</p>