



# PE Curriculum Knowledge Map



Year 9	
<b>Netball</b> <b>Game Form and Tactical Understanding</b>	<ul style="list-style-type: none"><li>● Game Form</li><li>● Game Appreciation</li><li>● Tactical Awareness</li><li>● Decision Making</li><li>● Skill Execution</li><li>● Performance</li></ul>
<b>Climbing</b>	
<b>Gymnastics</b> <b>Introduction to Gymnastics</b>	
<b>Dance</b> <b>Introduction to Gymnastics</b>	
<b>Fitness</b> <b>Introduction to Fitness</b>	
<b>Athletics</b> <b>Introduction to Athletics</b>	<ul style="list-style-type: none"><li>● Sprint Starts</li><li>● Sprinting technique</li><li>● Long distance (pacing)</li><li>● Hurdling technique</li><li>● Long jump</li><li>● Triple Jump</li><li>● Shot put</li><li>● Javelin</li><li>● Relay (up sweep)</li><li>● Relay (down sweep)</li></ul>



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Year 8	
<b>Netball</b>	<ul style="list-style-type: none"><li>• Footwork and Passing</li><li>• Shooting</li><li>• Rules and Regulations</li><li>• Positions</li><li>• Defending</li><li>• Attacking</li><li>• Decision Making and Attacking</li><li>• Decision Making and Defending</li><li>• Set Play/Tactical Awareness</li></ul>
<b>Climbing</b>	<ul style="list-style-type: none"><li>• Recap of safety, harness and knots</li><li>• Recap of belaying technique and communication</li><li>• Climbing techniques and positionings</li><li>• Hand techniques</li><li>• Foot techniques</li><li>• Route planning</li></ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"><li>• Individual Balances</li><li>• Locomotion/Travel + Individual Balances</li><li>• Holes/Barriers and Travel and Individual Balances</li><li>• Matching Mirroring</li><li>• Counter Tension/Counter Balances</li><li>• Recipe Cards and Final Performances</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>• Link still images to choreograph a routine (American Football Umpire signals)</li><li>• Learning the set material</li><li>• Interpret and implement 'animals' into set material</li><li>• Motif development</li><li>• Incorporating lifts into your dance</li><li>• Analyse and improving performance</li></ul>
<b>Fitness</b>	<ul style="list-style-type: none"><li>• Coordination</li><li>• Flexibility</li><li>• Reaction time</li><li>• Speed</li><li>• Agility</li><li>• Power</li></ul>
<b>Rounders</b>	<ul style="list-style-type: none"><li>• Bowling tactics (speed and accuracy)</li><li>• Batting tactics</li><li>• (Hitting high and low balls)</li><li>• Throwing for precision and distance</li><li>• Understand and apply the 'Golden Triangle'</li><li>• Fulfil Roles and responsibilities</li><li>• Applying tactics into game situations</li></ul>
<b>Cricket</b>	<ul style="list-style-type: none"><li>• Ball Familiarisation and catching</li><li>• Fielding- Short Barrier</li><li>• Bowling</li><li>• Batting</li><li>• Apply correct technique in game play</li><li>• Applying tactics to game situations</li></ul>
<b>Athletics</b>	<ul style="list-style-type: none"><li>• Sprint Starts</li><li>• Sprinting technique</li><li>• Long distance (pacing)</li><li>• Hurdling technique</li><li>• Long jump</li><li>• Triple Jump</li><li>• Shot put</li><li>• Javelin</li><li>• Relay (up sweep)</li><li>• Relay (down sweep)</li></ul>



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Year 7	
<b>Netball</b> <i>Introduction to Netball</i> <b>Game form ,game appreciation, tactical awareness, skill execution, performance</b>	<ul style="list-style-type: none"> <li>● Passing Receiving / Spacing Landing</li> <li>● Basic court layout and dimensions.</li> <li>● Positions and roles of players on the court (Center, Wing Attack, Wing Defense, Goal Attack, Goal Defense, Goal Shooter, Goalkeeper).</li> <li>● Fouls and violations (travelling, footwork violations, overstepping the centre line).</li> <li>● Scoring and restarts.</li> <li>● Basic understanding of throw-ins, free throws, and centre passes.</li> </ul>
<b>Climbing</b> <b>Safety and equipment, climbing techniques, Climbing Walls &amp; Routes, Climbing Etiquette &amp; Teamwork, Fitness &amp; Conditioning</b>	<ul style="list-style-type: none"> <li>● Importance of good footwork for balance, stability, and efficiency.</li> <li>● Placing feet securely on footholds (big toes pointed outwards).</li> <li>● Techniques for gripping different types of climbing holds (crimp, jug, sloper).</li> <li>● Importance of finding good handholds and transitioning smoothly.</li> <li>● Maintaining proper body position for balance and minimising fatigue.</li> <li>● Importance of "three points of contact" (two hands and one foot, or one hand and two feet) for stability.</li> </ul>
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