



Holmer Green Senior School Curriculum Map

Department

PE (Core lessons)

End Game:

- To develop and maintain a healthy active lifestyle.
- To create a sporting mindset to develop physical skills, teamwork, sportsmanship, social skills, etiquette, confidence and competitiveness.
- To choose to pursue a physical activity outside of the school environment and throughout later life.

Challenge: A differentiated curriculum is taught throughout all PE lessons to enable progress and challenge for all abilities. This level of challenge is then further advanced through extra-curricular clubs, intra and inter school competitions and the vast club/school links that have been set up within the local community.

Skills Developed: As per each year.

PE Vision Statement:

- All students have the opportunity to fulfil their (sporting) potential and develop a lifelong healthy lifestyle.
- To develop the whole person in the values, skills and personal qualities Physical Education provides.

A key focus is placed on the teaching of transferable skills in sporting activities, school life and personal life. These include: Sporting skills and tactics, teamwork, commitment, self-esteem and health education for future life.



	AP1	AP2	AP3
Seven	<i>Fertile Question: Are the fundamental skills of sport transferable across all activities?</i>		
	Topic(s): Boys: Football Girls: Netball Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills	Topic(s): Boys: Rugby Girls: Football Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills	Topic(s): Boys/Girls: Athletics Mixed: Tennis, Rounders, Cricket
	Assessment: HGSS PE Award completed during assessment lessons, and low stakes ongoing assessment in all lessons		
	Skills Developed <i>Team/Individual - Passing, Throwing, Receiving, Catching, Shooting, Movement, Turning, Interception, Tackling, Footwork, Marking, Dodging.</i> <i>Fitness – Cardiovascular/Muscular Endurance.</i> <i>Gymnastics/Dance – Choreography, Technique.</i>		



	AP1	AP2	AP3
Eight	<i>Fertile Question: What does it mean to be healthy?</i>		
	Topic(s): Boys: Football Girls: Netball Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills, Lacrosse	Topic(s): Boys: Rugby Girls: Football Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills, Lacrosse	Topic(s): Boys/Girls: Athletics Mixed: Tennis, Rounders, Cricket, Softball
	Assessment: HGSS PE Award completed during assessment lessons, and low stakes ongoing assessment in all lessons.		
	Skills Developed <i>Team/Individual - Passing, Throwing, Receiving, Catching, Shooting, Movement, Turning, Interception, Tackling, Footwork, Marking, Dodging.</i> <i>Fitness – Cardiovascular/Muscular Endurance.</i> <i>Gymnastics/Dance – Choreography, Technique.</i>		



	AP1	AP2	AP3
Nine	<i>Fertile Question: For a sportsperson what is more beneficial, endurance or strength?</i>		
	<p>Topic(s):</p> <p>Boys: Football</p> <p>Girls: Netball</p> <p>Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills, Lacrosse</p>	<p>Topic(s):</p> <p>Boys: Rugby</p> <p>Girls: Football</p> <p>Mixed: Basketball, Fitness, Gymnastics, Hockey, Handball, Dance, Multi-Skills, Lacrosse</p>	<p>Topic(s):</p> <p>Boys/Girls: Athletics</p> <p>Mixed: Tennis, Rounders, Cricket, Softball</p>
	<p>Assessment:</p> <p>Effort grade provide through continuous assessment.</p> <p>GCSE practical sporting grades assessed during core lessons, using low stakes ongoing assessment.</p>		
	<p>Skills Developed</p> <p><i>Team/Individual - Passing, Throwing, Receiving, Catching, Shooting, Movement, Turning, Interception, Tackling, Footwork, Marking, Dodging, Tactics, Analysis of performance.</i></p> <p><i>Fitness/Multi-gym – Cardiovascular Endurance, Muscular Endurance/Strength</i></p>		



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Work Hard, Be Kind



	AP1	AP2	AP3
	<i>Fertile Question: Fitness deteriorates with age, why?</i>		
Ten	<p>Topic(s):</p> <p>Boys: Football</p> <p>Girls: Netball</p> <p>Mixed: Basketball, Fitness, Hockey, Handball, Multi-Skills, Lacrosse</p>	<p>Topic(s):</p> <p>Boys: Rugby</p> <p>Girls: Football</p> <p>Mixed: Basketball, Fitness, Hockey, Handball, Multi-Skills, Lacrosse</p>	<p>Topic(s):</p> <p>Boys/Girls: Athletics</p> <p>Mixed: Tennis, Rounders, Cricket, Softball</p>
	<p>Assessment:</p> <p>Effort grade provide through continuous assessment.</p> <p>GCSE practical sporting grades assessed during core lessons, using low stakes ongoing assessment</p>		
	<p>Skills Developed</p> <p><i>Team/Individual - Passing, Throwing, Receiving, Catching, Shooting, Movement, Turning, Interception, Tackling, Footwork, Marking, Dodging, Tactics, Analysis of performance.</i></p> <p><i>Fitness/Multi-gym - Cardiovascular Endurance, Muscular Endurance/Strength</i></p>		



	AP1	AP2	AP3
Eleven	<i>Fertile Question: What is a lifelong activity?</i>		
	<p>Topic(s):</p> <p>Boys: Football</p> <p>Girls: Netball</p> <p>Mixed: Basketball, Fitness, Hockey, Handball, Lacrosse</p>	<p>Topic(s):</p> <p>Boys: Rugby</p> <p>Girls: Football</p> <p>Mixed: Basketball, Fitness, Hockey, Handball, Lacrosse</p>	<p>Topic(s):</p> <p>Boys/Girls: Athletics</p> <p>Mixed: Tennis, Rounders, Cricket, Softball</p>
	<p>Assessment:</p> <p>Effort grade provide through continuous assessment.</p> <p>GCSE practical sporting grades assessed during core lessons, using low stakes ongoing assessment</p>		
	<p>Skills Developed</p> <p><i>Team/Individual - Passing, Throwing, Receiving, Catching, Shooting, Movement, Turning, Interception, Tackling, Footwork, Marking, Dodging, Tactics, Analysis of performance.</i></p> <p><i>Fitness/Multi-gym – Cardiovascular Endurance, Muscular Endurance/Strength</i></p>		