

Department	Physical Education
Year	10
Qualification	Key Stage 4

<h2 style="color: #4F81BD;">BCHS Curriculum Map 2015-2016</h2>

Term	Week Commencing	12.9.16	19.9.16	26.9.16	03.10.16	10.10.16	3.10.16	10.10.16	17.10.16
Autumn 1	Topic	Baselines	Baselines	Baselines	Boys - Football Passing Girls – Netball Passing Mixed – Fitness Recap of circuits/stations	Boys - Football Dribbling Girls – Netball Attacking Mixed – Fitness Developing knowledge of Heart rates	Boys - Football Attacking/Defending Girls – Netball Defending Mixed – Fitness Understanding the effects of exercise	Boys - Football Dribbling Girls – Netball Shooting Mixed – Fitness Identifying different muscles groups	Boys – Rugby Passing Girls - Step Aerobics Basic Step Mixed – Volleyball Volley
	Assessment	Baseline testing	Baseline testing	Baseline testing	Self-Assess Peer-Assess Observation Analysis Demonstration	Self-Assess Peer-Assess Observation Analysis Demonstration	Self-Assess Peer-Assess Observation Analysis Demonstration	End of unit assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate

Autumn 2	Week Commencing	31.10.16	7.11.16	14.11.16	21.11.16	28.11.16	5.12.16	12.12.16
	Topic	Boys – Rugby Tackling Girls - Step Aerobics Paired Routine Mixed – Volleyball Dig	Boys – Rugby Attacking/ Defending Girls - Step Aerobics Group Routine Mixed – Volleyball Serve	Boys – Rugby Game play Girls - Step Aerobics Develop and perform step routines Mixed – Volleyball Gameplay	Boys – Circuits Recap of circuits/stations Girls – Badminton Grip and rallies Mixed – Lacrosse Basic skills	Boys – Circuits Developing knowledge of Heart rates Girls – Badminton Clears Mixed – Lacrosse Moving with the ball	Boys – Circuits Understanding the effects of exercise Girls – Badminton Net shots Mixed – Lacrosse Passing and receiving	Boys – Circuits Identifying different muscles Girls – Badminton Gameplay Mixed – Lacrosse Attack/Defend
	Assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment
Spring 1	Week	2.1.17	9.1.17	16.1.17	23.1.17	30.1.17	6.2.17	13.2.17

	Commencing							
	Topic	Boys – Personal Fitness Recap of circuits/stations-individual sports Girls – Trampolning Tuck, Pike, Straddle Mixed – Fitness Recap of circuits/stations	Boys – Personal Fitness Developing knowledge of Heart rates – individual sports Girls – Trampolning Turns Mixed – Fitness Developing knowledge of Heart rates	Boys – Personal Fitness Understanding the effects of exercise – individual sports Girls – Trampolning Seat drops Mixed – Fitness Understanding the effects of exercise	Boys – Personal Fitness Identifying different muscles – individual sports Girls – Trampolning Routines Mixed – Fitness Identifying different muscles	Boys – American Football Tackling Girls – Leadership Communication and Listening Mixed – Trampolning Basic Jumps and seat landings with control and fluency	Boys – American Football Passing Girls – Leadership Teamwork Mixed – Trampolning Back and front landings/Combinations with control and fluency	Boys – American Football Set plays Seat drop Girls – Leadership Problem Solving Mixed – Trampolning Rotations
	Assesment	Self-Assess	Self-Assess	Self-Assess	End of unit assessment	Self-Assess	Self-Assess	Self-Assess

		Peer-Assess Observation Analysis Demonstrate	Peer-Assess Observation Analysis Demonstrate	Peer-Assess Observation Analysis Demonstrate		Peer-Assess Observation Analysis Demonstrate	Peer-Assess Observation Analysis Demonstrate	Peer-Assess Observation Analysis Demonstrate
Spring 2	Week Commencing	27.2.17	6.3.17	13.3.17	20.3.17	27.3.17	03.4.17	
	Topic	Boys – American Football Gameplay Girls – Leadership Trust and Relationships Mixed – Trampolineing Routine development	Boys – Trampolineing Tuck, pike, straddle Girls – Circuits Recap of circuits/stations Mixed – Lacrosse Basic skills	Boys – Trampolineing Turns Girls – Circuits Developing knowledge of Heart rates Mixed – Lacrosse Moving with the ball	Boys – Trampolineing Seat drop Girls – Circuits Understanding the effects of exercise Mixed – Lacrosse Passing and receiving	Boys – Trampolineing Routines Girls – Circuits Identifying different muscles Mixed – Lacrosse Attack/Defend	Boys – Cricket Throwing and catching Girls – Athletics Sprinting Mixed – Fitness Recap of circuits/stations	

	Assessment	End of unit assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate
Summer 1	Week Commencing	24.4.17	1.5.17	8.5.17	15.5.17	22.5.17	16.5.17	23.5.17
	Topic	Boys – Cricket Batting Girls – Athletics Throwing Mixed –	Boys – Cricket Fielding Girls – Athletics Long distance Mixed – Fitness	Boys – Cricket Gameplay Girls – Athletics Relay Mixed – Fitness	Boys – Athletics Sprinting Girls – Hockey Dribbling Mixed – Athletics	Boys – Athletics Throwing Girls – Hockey Passing Mixed – Athletics	Boys – Athletics Long distance Girls – Hockey Attack/Defend Mixed – Athletics	Boys – Athletics Relay Girls – Hockey Gameplay Mixed – Athletics

		Fitness Developing knowledge of Heart rates	Understanding the effects of exercise	Identifying different muscles	Sprinting	Throwing	Long distance	Relay	
	Assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment Peer-Assess Observation Analysis Demonstrate	
	Summer 2	Week Commencing	5.6.17	12.6.17	19.6.17	26.6.17	3.7.17	10.7.17	17.7.17
		Topic	Boys – Softball Batting Girls – Rounders Throwing and catching	Boys – Softball Batting with power and control Girls – Rounders Batting	Boys – Softball Fielding Girls – Rounders Batting for accuracy and precision	Boys – Softball Fielding with power and control Girls – Rounders Fielding	House Matches Sports Day Transfer Day	Boys – Softball Gameplay Girls – Rounders Fielding for accuracy and precision	Boys – Softball Gameplay Girls – Rounders Gameplay

		Mixed – Rounders Throwing and catching	Mixed – Rounders Batting	Mixed – Rounders Batting for accuracy and precision	Mixed – Rounders Fielding		Mixed – Rounders Fielding	Mixed – Rounders Fielding
	Assessment	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess Peer-Assess Observation Analysis Demonstrate	N/A	Self-Assess Peer-Assess Observation Analysis Demonstrate	End of unit assessment