

Department	Physical Education
Year	11
Qualification	Key Stage 4

## BCHS Curriculum Map 2015-2016

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 Commencing	2.1.17	9.1.17	16.1.17	23.1.17	30.1.17	6.2.17	13.2.17
	Topic	Boys – Personal Fitness  Recap of circuits/stations-individual sports  Girls – Trampolineing  Tuck, Pike, Straddle  Mixed – Fitness  Recap of circuits/stations	Boys – Personal Fitness  Developing knowledge of Heart rates – individual sports  Girls – Trampolineing  Turns  Mixed – Fitness  Developing knowledge of Heart rates	Boys – Personal Fitness  Understanding the effects of exercise – individual sports  Girls – Trampolineing  Seat drops  Mixed – Fitness  Understanding the effects of exercise	Boys – Personal Fitness  Identifying different muscles – individual sports  Girls – Trampolineing  Routines  Mixed – Fitness  Identifying different muscles	Boys – American Football  Tackling  Girls – Zumba Fitness  Introduction to Zumba steps  Mixed – Trampolineing  Basic Jumps and seat landings with control and fluency	Boys – American Football  Passing  Girls – Zumba Fitness  Zumba Salsa  Mixed – Trampolineing  Back and front landings/Combinations with control and fluency	Boys – American Football  Set plays  Seat drop  Girls – Zumba Fitness  Zumba Reggaeton  Mixed – Trampolineing  Rotations

	Assesment	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	Self-Assess Peer-Assess Observation Analysis Demonstrate	Self-Assess 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 – Zumbia Cumbia  Mixed – Trampolining  Routine development	Boys – Trampolining  Tuck, pike, straddle  Girls – Yoga  Introduction in yoga and breathing techniques.  Mixed – Lacrosse  Ball skills	Boys – Trampolining  Turns  Girls – Yoga  Basic yoga routines  Mixed – Lacrosse  Moving with the ball	Boys – Trampolining  Seat drop  Girls – Yoga  Advanced yoga routines  Mixed – Lacrosse  Passing and receiving	Boys – Trampolining  Routines  Girls – Yoga  Group yoga choreography  Mixed – Lacrosse  Attack/Defend	Boys – Cricket  Throwing and catching  Girls – Hockey  Dribbling  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	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	Boys – Cricket Fielding	Boys – Cricket Gameplay	Boys – Athletics Sprinting Girls – Cricket Throwing and catching	Boys – Athletics Throwing Girls – Cricket Batting	Boys – Athletics Long distance Girls – Cricket Fielding	Boys – Athletics Relay Girls – Cricket Gameplay
		Girls – Hockey Passing Mixed – Fitness Developing knowledge of Heart rates	Girls – Hockey Attack/Defend Mixed – Fitness Understanding the effects of	Girls – Hockey Gameplay Mixed – Fitness Identifying	Mixed – Athletics Sprinting	Mixed – Athletics Throwing	Mixed – Athletics Long distance	Mixed – Athletics Relay

	Assessment		exercise	different muscles				
		Self-Assess	Self-Assess	End of unit assessment	Self-Assess	Self-Assess	Self-Assess	End of unit assessment
		Peer-Assess	Peer-Assess		Peer-Assess	Peer-Assess	Peer-Assess	Peer-Assess
		Observation	Observation		Observation	Observation	Observation	Observation
		Analysis	Analysis		Analysis	Analysis	Analysis	Analysis
Demonstrate	Demonstrate	Demonstrate	Demonstrate		Demonstrate	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	Boys – Softball	Boys – Softball	Boys – Softball	N/A	N/A	N/A
		Batting	Batting with power and control	Fielding	Fielding with power and control			
		Girls – Rounders	Girls – Rounders	Girls – Rounders	Girls – Rounders			
		Throwing and catching	Batting	Batting for accuracy and precision	Fielding			
		Mixed –	Mixed –	Mixed –	Mixed –			

		Rounders Throwing and catching	Rounders Batting	Rounders Batting for accuracy and precision	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	N/A	N/A