Learn more, remember more, apply more

Maplefields Key Curriculum Drivers

Learning Journey - PE

Golden concepts

- Maintaining a healthy lifestyle
- Fundamental skills
- Teamwork/ Communication
- Movement/ Agility
- Building confidence/ leadership

Summer Term

Term 5
Tennis, Striking and Feilding

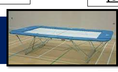
- **(Tennis)** Coaching and feedback to peers
- Peer/self-evaluation of gameplay
- **(Danish Long Ball/striking and fielding)** Evaluate and analyse own and peers performance
- Leadership and coaching

Term 6
Athletics, Orienteering.

- **(Athletics)** Body position, generation power and technique.
- Standing long jump/vertical jump/speed bounce/relays/javelin/shot putt/discus/High jump
- **(Orienteering)** Map reading, and route planning.

Term 4
Hockey/ I&M Sports

- **(Hockey)** Teamwork/communication
- Understanding of game play/rules/laws of the game
- **(I&M Sports)** Advanced skills used to outwit an opponent in dodgeball
- Coaching and officiating peers



Term 3
Trampolining, Golf

- **(Trampolining)** Coaching and feedback to peers
- **(Golf)** shot selection/strategies.
- Coaching and feedback to peers
- Peer/self-evaluation of gameplay

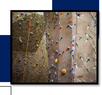
Spring Term

Term 1
Basketball/Volleyball

- **(Basketball)** Positions on the court/screening/intercepting passes/re-bounding/closing down space
- Evaluate and analyses own and peers performance
- **(Volleyball)** Overarm serve, reverse volley, setting
- Advanced defensive and offensive strategies

Term 2
Badminton/Football

- **(Badminton)** Flick serve/ backhand short serve/drive shot/push return/net shots
- Shot selection strategies
- **(Football)** Positions on the field/intercepting passes/closing down space
- Evaluate and analyses own and peers performance



Autumn Term

Post 16

Term 6
Athletics/Tennis

- **(Athletics)** coaching and peer evaluation
- Standing long jump/vertical jump/speed bounce/relays/javelin/shot putt/discus/High jump
- **(Tennis)** Movement around the court and positioning
- Introduction of shot selection and its importance (top spin)
- Coaching/understanding the scoring system/overhead serve

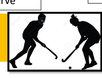
Term 5
Flag football/ I&M Sports

- **(Flag football)** Understanding strategies and tactics/incorporate all skills into a game situation
- Coaching and peer evaluation
- **(I&M Sports)** Teamwork/communication/shot selection forehand/backhand
- Understanding of game play/rules/laws of the game

Summer Term

Term 3
Trampolining/ Handball

- **(Trampolining)**Analysing and evaluating own and peer performance
- Flexibility and strength/muscular endurance
- **(Handball)** Responsibilities for different positions/blocking and contact/competitive games



Term 4
Hockey/ I&M Sports

- **(Hockey)** Teamwork/communication
- Understanding of game play/rules/laws of the game
- **(I&M Sports)** Teamwork/communication/shot selection forehand/backhand
- Understanding of game play/rules/laws of the game

Spring Term

Term 2
Badminton/Football

- **(Badminton)** Flick serve/ backhand short serve/drive shot/push return/net shots
- Shot selection strategies
- **(Football)** Positions on the field/intercepting passes/closing down space
- Evaluate and analyses own and peers performance

Term 1
Basketball/Volleyball

- **(Basketball)** Positions on the court/screening/intercepting passes/re-bounding/closing down space
- Evaluate and analyses own and peers performance
- **(Volleyball)** Overarm serve, reverse volley, setting
- Advanced defensive and offensive strategies

Autumn Term

Year 11 Cycle B

Term 5
Flag football/ I&M Sports

- **(Flag football)** positions on the field
- Game tactics both attack and defence
- **(I&M Sports)** Teamwork/communication/shot selection forehand/backhand
- Understanding of game play/rules/laws of the game

Term 6
Athletics/Tennis

- **(Athletics)** Competitive opportunities
- Advanced skills/coaching peers
- Standing long jump/vertical jump/speed bounce/relays/javelin/shot putt/discus/High jump
- **(Tennis)** Leadership and coaching
- Understanding tactics and strategies
- Peer coaching and evaluation of performance

Summer Term

Term 4
Hockey/ I&M Sports

- **(I&M Sports)** Working with a partner to achieve a common goal
- Safety aspects of climbing and equipment (putting on a harness independently)
- **(Hockey)** Intercepting passes/closing down space/ tactics and strategies/ tackling and contact

Term 3
Trampolining/ Handball

- **(HRF/Trampolining)** Designing a sport specific fitness circuit
- Analysing and evaluating own and peer performance
- Circuit training/resistance training/strength training/plyometric training
- **(Handball)** Evaluating own and peers performance
- Understanding competitive formats

Spring Term

Term 1
Basketball/Volleyball

- **(Basketball)** Positions on the court/screening/intercepting passes/re-bounding/closing down space
- **(Volleyball)** Shot selection/tactical game play
- Coaching and feedback to peers
- Peer and self evaluation of gameplay

Term 2
Badminton/Football

- **(Badminton)** Flick serve/ backhand short serve/drive shot/push return/net shots
- Shot selection strategies
- **(Football)** Shot selection/tactical game play
- Coaching and feedback to peers
- Peer and self evaluation of gameplay

Autumn Term

Year 10 Cycle A

Term 6
Athletics/Tennis

- **(Athletics)** Standing long jump/vertical jump/speed bounce/relays/javelin/shot putt/discus/High jump
- Understanding of the rules/scoring of each event
- **(Tennis)** Racket skills/footwork and balance
- Importance of shot selection/knowing how to correctly score

Term 5
I&M Sports/Cricket

- **(I&M Sports)** Continuation of identifying sports (golf/boccia)
- **(Cricket)** Throwing and catching on the move
- Attacking and defending space
- Intercepting/long barrier
- Running between the wickets

Summer Term

Term 3
Basketball/ Trampolining

- **(Basketball)** Lay ups/chest and bounce passes/set shot
- Attacking and defending principles
- **(Trampolining)** Linking movements together
- Body shapes in the air/how to create height on the trampoline

Term 4
Flag Football/ I&M Sports

- **(I&M Sports)** Identifying different routes of the wall – rock climbing
- Teamwork/communication of belays
- **(Flag football)** – Throwing and catching on the move
- Attacking and defending phase

Spring Term

Term 2
Handball/ Football

- **(Handball)** 3 second rule introduction
- Attacking and defending space
- Basic game play
- **(Football)** Keeping goal side of opponents
- Working as part of a team
- Advanced shot selection

Term 1
Badminton/ Volleyball

- **(Badminton)** Racket skills/footwork/hand eye co-ordination
- Basic forehand and backhand strokes
- Overhead clear/drop shot/drive/smash shots
- **(Volleyball)** Introduction of the underarm serve, volley, dig, set, spike and blocking
- Offensive and defensive strategies
- Teamwork/court markings/positioning

Autumn Term

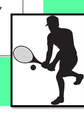
Year 9 Cycle B

Term 5
I&M Sports/Cricket

- **(I&M Sports)** Continuation of identifying sports (golf/boccia)
- **(Cricket)** Throwing and catching on the move
- Attacking and defending space
- Intercepting/long barrier
- Running between the wickets
- On and off drive/wicket keeping/overarm bowling

Term 6
Athletics/Tennis

- **(Athletics)** Javelin, shot putt, discus, high jump, hammer, relays, sprint technique
- **(Tennis)** Introduction of the serve/forehand and backhand strokes/lob shot/game familiarisation
- Movement and court positioning
- Working with a partner



Summer Term

Term 4
Flag football/Inclusive and minority sports

- **(I&M Sports)** Introduction of different I&M sports (archery/goalball)
- Rules and laws of different activities
- **(Flag football)** Introduction into sport
- Throwing and catching

Term 3
Trampolining/ Basketball

- **(Basketball)** Travelling and double dribble
- Pivots and stops/different passes/court positions
- Attacking and defending space
- **(Trampolining)** Flexibility/mobility/stretching/measuring pulse/balance and co-ordination
- Following a set routine

Spring Term

Year 8 Cycle A

Term 1
Volleyball/Badminton

- **(Volleyball)** Introduction of the underarm serve, volley, dig, set, spike and blocking
- Offensive and defensive strategies
- Teamwork/court markings/positioning
- **(Badminton)** Racket skills/footwork/hand eye co-ordination
- Basic forehand and backhand strokes
- Overhead clear/drop shot/drive/smash shots

Term 2
Football/Handball

- **(Handball)** 3 seconds rule introduction
- Pivots and stops/court markings/blocking/jump shot
- Attacking and defensive principles
- **(Football)** Understanding of attacking and defending positions on a football pitch