

## Curriculum Implementation Mapping – Skills and Knowledge

**Subject: physical education**

**Year group:10**

Topic	rugby	football	netball	athletics	badminton	basketball	rhythmic gymnastics	Trampoline	HRF
<b>Knowledge</b>	USE of Passing and creating space Tackling ( appropriate to situation) Kicking types and use( tactically) Line Outs safety Offside at kicks laws of the tackle	use of individual and team defending skills and strategies (Nos., unit offside trap) responsibilities )Attacking skills ( give and Go, committing defenders. Use of width Free kicks rules	attacking and defensive strategies: knowledge and understanding of the positions and the roles and responsibilities of each ; control, balance and concentration, blocking. Imagination in attack. peer coaching to support learning	SAFETY: Consolidate learning, Understand effort and ability= success. develop personal bests through individual and team competition	Greater focus on backhand play and the use to pressurise opponent ( if appropriate). Use of variety of serves to be unpredictable. Awareness of opportunities to attack poor shots and put opponent under more pressure. Doubles play	shooting revision + hook shot: 25s ( 5 shots form 5 different points .. understanding of the use of different types of shot for different occasions. SCREENS: understanding of the effectiveness of protection to basket from team mate. consolidate understanding of the effectiveness the fast break.	ACTION Use of Snake Caterpillar Circle Figure of '8' line spiral step over Utilisation of SPACE and dynamics	Safety on and around trampoline. Spotters. Body tension in the execution of core skills shaping : tuck pike straddle seat/front drops Controlled jumping Understand how to perform a routine correctly and what you will lose marks for.	Utilising previous knowledge to design and lead sessions in circuit training, interval, continuous and own choices.
<b>Skills</b>	drop , grubber and bomb kicks. front side rear and smother tackle/ choke tackle. Scrum positioning.	defensive unit defensive skills of jockeying, closing down, keeping play in front of them, channelling play, tracking and getting goal-side	skills learned in previous years applied in game situations	Throws, jumps and track events. Technique for all. Start and finish in track events. Form throughout track events	push return/ net kill, backhand clear, BH drive and net play. Consolidation of previous skills	set shot, jump shot, layup, hook shot, screen consolidate the fast break	positioning/ movement (in pairs) dynamics: speeds/levels- more advance movements (cartwheels, balances, throwing of ribbons)	( relevant to student experience) <ul style="list-style-type: none"> <li>● Tuck jump</li> <li>● Straddle jump</li> <li>● Pike jump</li> <li>● Seat drop</li> <li>● Half twist</li> </ul> Full twist <ul style="list-style-type: none"> <li>● Seat drop</li> <li>● Seat drop &gt; ½ twist</li> <li>● ½ twist &gt; seat drop</li> </ul>	Correct form for exercises. Application of knowledge to select correct skills to meet training demands

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