

PE Department Curriculum Mapping – Pillars, Skills, Knowledge & Understanding

Outwitting Opponents: Invasion Games

Year 7			
Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>● <b>Creation of space &amp; time - with the ball</b></li> <li>● <b>Creation of space &amp; time - without the ball</b></li> <li>● <b>Denying space &amp; time</b></li> <li>● <b>Passing &amp; control of the ball</b></li> <li>● <b>Invading territory</b></li> <li>● <b>Defending territory</b></li> <li>● <b>Components of Fitness</b></li> <li>● <b>Cooperation</b></li> <li>● <b>Communication</b></li> <li>● <b>Decision - Making</b></li> </ul>	<p><u>Rugby</u>                      Passing: Grip on ball, body position, accuracy of pass short flat pass, pendulum pass.                      Receiving: Ground pick-up, short distance passes, show 10, ball in 2.                      Tackling: Mainly front on, or side on due to runners going across pitch.</p>	Pick and drive, 1 or 2 pass/phase play. Basic scissors/pop/gut. 12 a side - No flankers or full back/no hand off below armpit/no open play kicking. Uncontested scrums – strike no push.	½ pitch 60x40m, octopus, rugby league 5 possession. Size 4 ball
	<p><u>Football</u>                      Ball manipulation                      Passing: short &amp; driven                      Dribbling                      Turns                      Shooting: accuracy &amp; power                      Tackling                      Gameplay</p>	Pass and move Use of space Secure the ball Laws Correct terminology	2v1 2v1 + 1 3v3 5v5
	<p><u>Netball</u>                      Sending &amp; receiving skills                      Passing: one handed (shoulder, high shoulder, underarm, bounce), two handed (chest, overhead, bounce)                      Simple footwork: landing on one foot; landing on two feet; pivot                      Shooting: one hand; two hands; running shot; forward step shot; backward step shot.                      Dodge to receive pass; holding the pass (timing); holding the space.</p>	K&U of keeping possession Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.  Basic principles of attack and defence  Difference between a free and penalty pass Positional responsibilities and playing zones	1/3 court  High 5  Attack v Defence ½ court

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	<p><b>Hockey</b>          Use of the stick: grip, movement of hands.          Pass– the push (straight, from right to left, left to right, footwork)          Receiving the ball: grip; position of body; receiving from right and left.          Stopping the ball: hands-up; position of feet (on grass and on astroturf surfaces).          Dribbling: grip, footwork, body position.          Tackling: block, jab from front, use of channelling and shadowing.          Beating an opponent: stick side; bully.          Shooting: from forward line attack;</p>	<p><b>Pass and move</b>  <b>Use of space</b>  <b>Secure the ball</b>  <b>Laws</b>  <b>Correct terminology</b></p>	<p><b>Small sided conditioned games.</b>   <b>2v2, 2v1, 4v4</b></p>

**Year 8**

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>• Creation of space &amp; time - with the ball</li> <li>• Creation of space &amp; time - without the ball</li> </ul>	<p><u>Rugby</u>            Passing: Grip on ball, body position, accuracy of pass short flat pass, pendulum pass.            Receiving: Ground pick-up, moving ball, short-mid distance passes, show 10, ball in 2.            Tackling: Mainly front on, or side on due to runners going across pitch.</p>	<p>13 a side - No flankers /no hand offs to face/open play fly-hacking kicking.</p> <p>Contested scrums strike &amp; push.</p> <p>Developing movement in the lineout.</p>	<p>Small ¾ pitch (90x60m), octopus.            Size 4 ball</p>
<ul style="list-style-type: none"> <li>• Denying space &amp; time</li> <li>• Passing &amp; control of the ball</li> <li>• Invading territory</li> <li>• Defending territory</li> <li>• Components of Fitness</li> </ul>	<p><u>Football</u>            Ball manipulation – pressurised situations            Passing: short (both feet), driven, lofted &amp; wall pass            Dribbling: close control            Turns            Tackling: block            Shooting: accuracy &amp; power            Heading            Goalkeeping            Gameplay</p>	<p>Pass and move            Use of space            Secure the ball            Move the ball quick – Tempo            Laws            Correct terminology</p>	<p>2v1            3v1 + 1            3v3            5v5            6v6</p>
<ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Communication</li> <li>• Decision – Making</li> </ul>	<p><u>Netball</u>            Development of spatial awareness            Move/pass; judgement – where to move, which pass            Develop sending and receiving: one handed, two handed, with feet grounded, in flight.            Intercepting: pass; shot</p>	<p>Defending the space</p> <p>Role of individual players toss-up</p> <p>Holding the space</p> <p>Switch between attack and defence</p>	<p>Attack v Defence</p> <p>½ court</p> <p>Full Court</p>

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	<p><b>Hockey</b>          Use of the stick: grip, movement of hands.          Passes– the drive (hitting from left to right, right to left, footwork), the push (straight, from right to left, left to right, footwork)          Receiving the ball: grip; position of body; receiving from right and left.          Stopping the ball: hands on stick; position of feet (on grass and on astroturf surfaces).          Dribbling: grip, footwork, body position: push.          Tackling: block, use of channelling and shadowing.          Beating an opponent: stick side; non stick side; bully.          Shooting: from forward line attack; from penalty corner; from long corner depending on facilities.</p>	<p>Pass and move          Use of space          Secure the ball          Move the ball quick – Tempo          Laws          Correct terminology</p>	<p><b>Small sided conditioned games.</b>   <b>3v3, 3v1, 5v5</b></p>

**Year 9**

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<ul style="list-style-type: none"> <li>● Creation of space &amp; time - with the ball</li> <li>● Creation of space &amp; time - without the ball</li> <li>● Denying space &amp; time</li> <li>● Passing &amp; control of the ball</li> <li>● Invading territory</li> <li>● Defending territory</li> <li>● Components of Fitness</li> <li>● Cooperation</li> <li>● Communication</li> <li>● Decision - Making</li> </ul>	<p><b>Rugby</b>            Passing: Grip on ball, developing spin pass and distance to passes, accuracy of pass, developing pressure to the pass (flat/close to defensive line).            Receiving: Ripping, jackling, moving ball in contact (offloading) mid distance passes, show 10, ball in 2. Ball presentation in tackle area (jack knifing).            Tackling: Smother tackle, holding up to form a maul, hand offs.            Kicking: from hand to touch, up and under, grubber.</p>	<p>15 a side - No hand offs to face            Developing rolling maul play.            Developing kicking in open play.            8 player Scrum – No8 can pick up &amp; run            Uncontested lineouts</p>	<p>Full pitch            (100x70m)            Size 4 ball</p>
	<p><b>Football</b>            Ball manipulation – pressurised situations            Passing: short (both feet), driven, lofted, wall pass, chip            Dribbling: feints, change of pace            Tackling: block, side            Shooting: accuracy, power, first-time strikes            Heading            Jockeying            Goalkeeping            Gameplay</p>	<p>Pass and move            Spatial awareness            Secure the ball            Tempo            Correct terminology            Awareness of space, use of width            Support play            Man-to-man            Set pieces</p>	<p>3v3            5v5            6v6            Full game</p>
	<p><b>Netball</b>            Catching: one handed, two handed, with feet grounded, in flight.            Shooting: one hand; two hands; running shot; forward step shot; backward step shot.            Footwork: running pass.</p>	<p>Defending: marking the player; marking the ball; third stage defending; blocking; inside the circle; outside</p>	<p>Full Court</p>

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	<p><b>Hockey</b>  Use of the stick: grip, movement of hands.  Passes– the drive (hitting from left to right, right to left, footwork), the push (straight, from right to left, left to right, footwork), the hit-on; ‘slap-hit’ on astro surface.  Receiving the ball: grip; position of body; receiving from right and left.  Stopping the ball: hands on stick; position of feet (on grass and on astroturf surfaces).  Dribbling: grip, footwork, body position: push.  Tackling: block, use of channelling and shadowing.  Beating an opponent: stick side; non stick side; bully.  Shooting: from forward line attack; from penalty corner; from long corner depending on facilities.</p>	<p><b>Pass and move</b>  <b>Spatial awareness</b>  <b>Secure the ball</b>  <b>Tempo</b>  <b>Correct terminology</b>  <b>Awareness of space, use of width</b>  <b>Support play</b>  <b>Man-to-man</b>  <b>Set pieces</b></p>	<p><b>Small sided up to 11 a side depending on ability and facilities.</b></p>

**Year 10**

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<ul style="list-style-type: none"> <li>● <b>Creation of space &amp; time - with the ball</b></li> <li>● <b>Creation of space &amp; time - without the ball</b></li> <li>● <b>Denying space &amp; time</b></li> <li>● <b>Passing &amp; control of the ball</b></li> <li>● <b>Invading territory</b></li> <li>● <b>Defending territory</b></li> <li>● <b>Components of Fitness</b></li> <li>● <b>Cooperation</b></li> <li>● <b>Communication</b></li> <li>● <b>Decision - Making</b></li> </ul>	<p><u>Rugby</u>            Passing: Grip on ball, developing diving passes spin/flick accuracy of pass, developing pressure to the pass (in or behind defensive line).            Receiving: Moving ball in contact (offloading) mid-long distance passes, show 10, ball in 2. Back hand flick,            Tackling: Collapsing a maul.            Kicking: Screw kick or end over end.</p>	<p>Three quarter play: (handling, kicking, running)            Role of individual players.            Uncontested lineouts – lift permitted</p>	<p>Full pitch            (100x70m)            Size 5 ball</p>
	<p><u>Football</u>            Ball manipulation – pressurised situations            Passing: short (both feet), driven, lofted, wall pass, chip, timing            Dribbling: feints, change of pace            Tackling: block, side, slide            Shooting: accuracy, power, first-time strikes            Heading            Jockeying            Goalkeeping            Gameplay</p>	<p>Pass and move            Spatial awareness            Depth, width and penetration in attack            Support play            Man-to-man or zonal marking            Set pieces            Systems of play            Refereeing opportunities</p>	<p>5v5            6v6            Full game</p>
	<p><u>Netball</u>            Develop different roles including umpiring and coaching</p>	<p>System of centre passes            Set patterns of play            Throw-in            Defending: blocking            Zoning</p>	<p>Full Court</p>

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	<p><b>Hockey</b>  Use of the stick: grip, movement of hands.  Passes - the drive (hitting from left to right, right to left, footwork), the push (straight, from right to left, left to right, footwork), the flick (straight, right to left, left to right, footwork), the scoop, reverse stick pass, the hit-on; ‘slap-hit’ on astro surface.  Receiving the ball: grip; position of body; receiving from right and left, in front, behind and side.  Stopping the ball: hands on stick; position of feet  Dribbling: grip, footwork, body position: push, tap, Indian.  Tackling: block, lunge, jab from front and side, use of channelling and shadowing.  Beating an opponent: stick side; non stick side; scoop; pull back and touch stop; bully.  Shooting: forward line attack; penalty &amp; long corner.  Goalkeeping skills: kicking; use of hand; use of stick.</p>	<p>Pass and move  Spatial awareness  Depth, width and penetration in attack  Support play  Man-to-man or zonal marking  Set pieces  Systems of play  Refereeing opportunities</p>	<p>Full sided 11v11  Outdoor    5v5 indoor</p>
	<p><b>Dodgeball</b>  Catching - moving towards the catch, and targeting weaker throws  Throwing - moving towards the front to throw  Movement - starting to develop staying low, lateral movement, adjustments to depth of play becoming more evident.</p>	<p>Developing the tactics for the retrieval from the start. Throwing from the front, catching from the back.  Using the developmental game for spatial understanding and awareness.  (Jail ball, between 2 fires, president ball, last man standing, resurrection, slam)</p>	<p>Full size court  (17m x 8m)  Player return line  10 squad  6 a side on court  5 or 7, 3 minute periods</p>

**Year 11**

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<ul style="list-style-type: none"> <li>● <b>Creation of space &amp; time - with the ball</b></li> <li>● <b>Creation of space &amp; time - without the ball</b></li> <li>● <b>Denying space &amp; time</b></li> <li>● <b>Passing &amp; control of the ball</b></li> <li>● <b>Invading territory</b></li> <li>● <b>Defending territory</b></li> <li>● <b>Components of Fitness</b></li> <li>● <b>Cooperation</b></li> <li>● <b>Communication</b></li> <li>● <b>Decision - Making</b></li> </ul>	<p><u>Rugby</u>            Passing: Passing at speed, lob and reverse, diving and spin passes. Back row moves. Set plays from dead ball situations.            Receiving: high balls, balls at speed, cross field kick,            Tackling: High and low (pairs), breakdown protection (ABC)            Kicking: place kicking drop goals.</p>	<p>Forward play: scrum, line-out,            Positional play.            Continuous phase play.            Contested lineouts – lift permitted</p>	<p>Full pitch            (100x70m)            Size 5 ball</p>
	<p><u>Football</u>            Ball manipulation – pressurised situations            Passing: short (both feet), driven, lofted, wall pass, chip, timing            Dribbling: feints, change of pace            Tackling: block, side, slide            Shooting: accuracy, power, first-time strikes            Heading            Jockeying            Goalkeeping            Gameplay            Futsal: rules, tempo, secure touch</p>	<p>Pass and move            Spatial awareness            Depth, width and penetration in attack            Support play            Man-to-man or zonal marking            Set pieces            Systems of play            Refereeing opportunities            Futsal: refereeing, organising a tournament</p>	<p>5v5            6v6            Full game            Futsal</p>
	<p><u>Netball</u>            Mastery of a particular position</p>	<p>Defending: marking the player; marking the ball; third stage defending; blocking; inside the circle; outside            System of centre passes            Set patterns of play            Throw-in            Defending: blocking            Zoning</p>	<p>Full Court</p>

<ul style="list-style-type: none"> <li>• Creation of space &amp; time - with the ball</li> <li>• Creation of space &amp; time - without the ball</li> <li>• Denying space &amp; time</li> <li>• Passing &amp; control of the ball</li> <li>• Invading territory</li> <li>• Defending territory</li> <li>• Components of Fitness</li> <li>• Cooperation</li> <li>• Communication</li> <li>• Decision - Making</li> </ul>	<p><b>Basketball</b>  Shooting - Lay-up, Set-shot, Jump-shot, Free-throw, Fake/draw the foul  Rebounding  Footwork – Pivoting, Lateral movement on defence  Setting screens  Positions  Gameplay</p>	<p>Defence - Man-to-man, Zonal  ½ court / full court press  Legal blocking  Offence - 1-on-1, Fast break, 2-on-1, Pick and roll  Jump ball plays  In-bound plays</p>	<p>Small court  Full court  Overload  Equal</p>
	<p><b>Hockey</b>  Use of the stick: grip, movement of hands.  Passes - the drive (hitting from left to right, right to left, footwork), the push (straight, from right to left, left to right, footwork), the flick (straight, right to left, left to right, footwork), the scoop, reverse stick pass, the hit-on; 'slap-hit' on astro surface.  Receiving the ball: grip; position of body; receiving from right and left, in front, behind and side.  Stopping the ball: hands on stick; position of feet  Dribbling: grip, footwork, body position: push, tap, Indian.  Tackling: block, lunge, jab from front and side, use of channelling and shadowing.  Beating an opponent: stick side; non stick side; scoop; pull back and touch stop; bully.  Shooting: forward line attack; penalty &amp; long corner.  Goalkeeping skills: kicking; use of hand; use of stick.</p>	<p>Pass and move  Spatial awareness  Depth, width and penetration in attack  Support play  Man-to-man or zonal marking  Set pieces  Systems of play  Refereeing opportunities</p>	<p>Full sided 11v11  Outdoor    5v5 indoor</p>
	<p><b>Dodgeball</b>  Catching - awareness of live balls from block deflections. Trying to tip up failed catches  Throwing - deception, look away throws, points and fairs, double target throws, target rich areas.  Movement - working in pairs, communication.  Developing corner or rear court recovery.</p>	<p>Developing further the players spatial awareness and threat identification through modified games (three player shot, jackpot, dodge this, octopus dodgeball, 3d dodgeball, cone up-cone down)</p>	<p>Full size court  (17m x 8m)  Player return line  10 squad  6 a side on court  5 or 7, 3 minute periods</p>

