

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

Movement Replication

Year 7			
Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> ● Components of Fitness; <ul style="list-style-type: none"> ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Agility ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility ➤ ● Analysis of Performance ● Creativity ● Aesthetic Appreciation ● Cooperation ● Self-Management – developing own technique/performance 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● THEME: Locomotion: variety of agilities, rolls, jumps. ● THEME: Balance: Ability to hold a balanced position [3-5secs] using different parts of the body as the base. ● THEME: Counter balance/Counter tension: to produce balances to show C/B & C/T ● THEME: Group work: Development of previous themes to produce group sequence on floor and large apparatus – incorporating basic/more advanced skills and agilities & balances. 	<p>K & U of basic and more advanced travelling movements. Linking moves to create an individual sequence – control, flow, continuity, dynamics, poise, body tension.</p> <p>Composition work - Sequence to combine locomotion and balance leading to pairs sequence work</p> <p>Body tension, extension, posture, fluency, aesthetics, matching/mirroring, timing, co-operation</p> <p>Pairs sequence to demonstrate theme linked with locomotion: C/B – pushing towards/wide base C/T – pulling away/narrow base, Points of contact, different levels, transference of weight, co-operation, support, trust</p> <p>Group work – sequence to demonstrate skills/K & U and consolidate work of previous lessons. Safety – handling & working on large apparatus, use of each other and apparatus to show different levels & use of support.</p>	<p align="center">Individual</p> <p align="center">Individual Partner work</p> <p align="center">Pairs/partner work/3s</p> <p align="center">Group Work – 4s/5s</p>

Year 8

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> • Components of Fitness; <ul style="list-style-type: none"> ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility • Analysis of Performance • Creativity • Aesthetic Appreciation • Self-Management – developing own technique/performance 	<p><u>Trampolining</u></p> <ul style="list-style-type: none"> • Basic Jumps: <p>Checking/stopping</p> <p>Straight bouncing/Tuck/Pike/Straddle jump</p> <p>Half twist/Full twist jump.</p> <ul style="list-style-type: none"> • Basic landing positions: <p>Seat/Front & Back</p> <ul style="list-style-type: none"> • Basic Combinations: <p>Seat landing, half twist to feet</p> <p>Half twist to seat landing</p> <ul style="list-style-type: none"> • Combination Landings: <p>Seat to front</p> <p>Front to seat</p> <p>Seat, half twist to seat – swivel hips</p>	<p>Performs all the basic jumps, two basic landing positions and two combinations.</p> <p>Shaped moves performed with some style, control & body tension, co-ordination of legs and arms & height.</p> <p>Able to perform an 8-bounce routine.</p> <p>K&U need for height, neatness of shapes, control & form of moves.</p> <p>K&U travelling & casting and how to prevent them occurring.</p>	<p align="center">Individual</p>

Year 9

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> ● Components of Fitness; <ul style="list-style-type: none"> ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility ● Analysis of Performance ● Creativity ● Aesthetic Appreciation ● Self-Management – developing own technique/performance 	<p><u>Trampolining</u></p> <p>Year 8 Skills +</p> <ul style="list-style-type: none"> ● Combinations: <p>Front, half twist to feet</p> <p>Half twist to front</p> <p>Back, half twist to feet</p> <p>Half twist to back</p> <ul style="list-style-type: none"> ● Shaped landings: <p>Front landing – tucked</p> <p>Front landing – piked</p> <p>Back landing – piked with extension for landing</p> <p>Back landing – tucked, with extension for landing</p>	<p>Perform all basic landings, combinations & shapes, four combinations and one of the shaped landings.</p> <p>Able to perform a 10-bounce routine.</p> <p>K&U need for maintenance of height, neatness of shapes, and form of moves.</p> <p>K&U travelling & casting and how to prevent them occurring.</p> <p>K&U how to build a routine and apply different landings and twists into a routine.</p> <p>K&U the two axis – horizontal & longitudinal and how to apply them in moves</p>	<p align="center">Individual</p>

Year 10

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> ● Components of Fitness; ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility ● Analysis of Performance ● Creativity ● Aesthetic Appreciation ● Self-Management – developing own technique/performance 	<p><u>Trampolineing</u></p> <p>Year 9 Skills +</p> <ul style="list-style-type: none"> ● Advanced twists: <p>Back, half twist to front landing</p> <p>Back, full twist to feet</p> <p>Full twist to back landing</p> <p>Back, half twist to back landing (cradle) – early/contact & late/aerial twist</p> <p>Half & full turntable</p> <p>Back landing, full twist to back landing (cat twist)</p> <p>Seat, full twist, seat landing (roller)</p> <p>One and a half twist jump</p> <ul style="list-style-type: none"> ● Basic somersaults: <p>Back landing to front landing – 180° forward rotation</p> <p>Hands and knees (H&K) forward turnover (FTO) to back</p> <p>H&K FTO with tuck & extenuation to seat</p> <p>Three quarter front somersault to back, to feet – the ¾ front and the ¼ to feet = 360° rotation</p> <p>Front somersault to feet</p> <p>Front landing to back landing – 180° backward rotation</p> <p>Back pull over to front drop</p> <p>Back pull over to feet</p> <p>Back somersault to feet</p>	<p>Performs;</p> <ul style="list-style-type: none"> ● all the combinations ● two of the basic twists ● one of the advanced twists ● and two of the basic somersaulting moves. <p>Able to perform a 10-bounce routine.</p> <p>K&U need for; maintenance of height, neatness, shape & form, control of travelling & casting.</p> <p>K&U and apply routine construction and three axis of rotation – horizontal, longitudinal and dorsi-ventral;</p> <p>K&U scientific applications behind the moves (Newton’s laws, action-reaction, radius of gyration).</p>	<p align="center">Individual</p>

Year 11

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<ul style="list-style-type: none"> ● Components of Fitness; ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility ● Analysis of Performance ● Creativity ● Aesthetic Appreciation ● Self-Management – developing own technique/performance 	<p><u>Trampolineing</u></p> <p>Year 10 Skills +</p> <ul style="list-style-type: none"> ● Advanced twists: <p>Back, half twist to front landing Back, full twist to feet Full twist to back landing Back, half twist to back landing (cradle) – early/contact & late/aerial twist Half & full turntable Back landing, full twist to back landing (cat twist) Seat, full twist, seat landing (roller) One and a half twist jump</p> <ul style="list-style-type: none"> ● Basic somersaults: <p>Back landing to front landing – 180° forward rotation Hands and knees (H&K) forward turnover (FTO) to back H&K FTO with tuck & extenuation to seat Three quarter front somersault to back, to feet – the ¾ front and the ¼ to feet = 360° rotation Front somersault to feet Front landing to back landing – 180° backward rotation Back pull over to front drop Back pull over to feet Back somersault to feet</p>	<p>Performs;</p> <ul style="list-style-type: none"> ● all the combinations ● two of the advanced twists ● and two of the basic somersaulting moves (one of which should be either a front or back tucked somersault) <p>Able to perform a 10-bounce routine.</p> <p>K&U need for; maintenance of height, neatness, shape & form, control of travelling & casting.</p> <p>K&U and apply routine construction and three axis of rotation – horizontal, longitudinal and dorsi-ventral;</p> <p>K&U scientific applications behind the moves (Newton’s laws, action-reaction, radius of gyration).</p>	<p align="center">Individual</p>