WHSB PE LOWER SCHOOL CURRICULUM MAP

Running/Throwing/Jumping Technique

CONTENT

Basketball **Fitness** Football

SKILLS

Passing, receiving and outwitting an opponent **Dribbling & Pivoting** Shooting **Baseline Training Continuous Training Interval Training Circuit Training Fartlek Training**

CONTENT

Rugby

Gymnastics

Badminton

SKILLS

Passing & receiving

Tackling technique

Attacking/outwitting an opponent

Kicking

Locomotion

Balances

Vaulting

CONTENT

Athletics

Cricket

Tennis

SKILLS

Batting

Bowling

Fielding

Serving/forehand/backhand/smash

footwork





CONTENT

Basketball **Fitness** Football **SKILLS**

Passing, receiving and outwitting an opponent **Dribbling & Pivoting** Shooting **Baseline Training**

> **Continuous Training Interval Training Circuit Training Fartlek Training**

> > CONTENT

Rugby

Gymnastics

Badminton

SKILLS

Passing & receiving

Tackling technique

Attacking/outwitting an opponent

Kicking

Locomotion

Balances

Vaulting



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The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

CONTENT

Rugby **Badminton**

SKILLS

Passing & receiving Tackling technique Attacking/outwitting an opponent Kicking Service Forehand technique

Maneuvering an opponent

CONTENT

Athletics Cricket Tennis

SKILLS

Batting Bowling Fielding Serving/forehand/backhand/smash

footwork

CONTENT Basketball

Fitness Football **SKILLS**

Passing, receiving and outwitting an opponent

Dribbling & Pivoting

Shooting **Baseline Training**

Continuous Training

Interval Training Circuit Training

Fartlek Training

Table Tennis

Backhand Technique

The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

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Running/Throwing/Jumping Technique

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CONTENT

Athletics

SKILLS

Batting Bowling Fielding Serving/forehand/backhand/smash

Cricket Tennis

Running/Throwing/Jumping Technique

footwork

WHSB PE MIDDLE SCHOOL CURRICULUM MAP



1

CONTENT

Cross country Football **Badminton**

SKILLS

Application of skills to competitive situations **Tactical Understanding** Officiating Performance Analysis

CONTENT

Rugby **Table Tennis Physical Training Basketball**

SKILLS

Application of skills to competitive situations **Tactical Understanding** Officiating Performance analysis Creation of progressive training

programme

CONTENT

Cricket **Athletics Tennis**

SKILLS

Application of skills to competitive situations **Tactical Understanding** Officiating **Performance Analysis Data Analysis**





3

CONTENT

Cross country Football Badminton

SKILLS

Application of skills to competitive situations **Tactical Understanding** Officiating **Performance Analysis**

Leadership Communication

CONTENT Rugby

Table Tennis Physical Training Basketball **SKILLS**

Application of skills to competitive situations

Tactical Understanding Officiating

Performance analysis

Creation of progressive training program

Training Safely Leadership

Communication

CONTENT

Cricket **Athletics**

SKILLS

Application of skills to competitive situations **Tactical Understanding** Officiating **Performance Analysis Data Analysis** Safety

al knowledge assessed changing of tactics and