

Brook Mead Academy PE Curriculum Map

The KS3 PE Curriculum at BMA has been designed to ensure our scholars develop a widespread understanding of Physical Education through a diverse curriculum. The curriculum sets the academic year into 3 cycles, where there are nine sports covered each year, creating a broad curriculum. There is a clear aim to cover a range of Invasion, Net/Wall, Creative and Striking/Fielding Sports, ensuring that our scholars are consistently given opportunities to develop a range of skills to develop all scholars, holistically. The PE curriculum is designed in a way to inspire our scholars to develop a deep passion for Physical Education, activity and sport for life.

Through our rich and diverse curriculum, we aim to inspire scholars to participate in a range of sports. The engaging PE curriculum provides the opportunity to develop a range of physical and social skills consistently throughout the journey of the KS3 curriculum. Scholars are expected to grow in their confidence through working with their peers collaboratively during group tasks, with opportunities to develop leadership, communication, and resilience.

Scholars in year 7 will be focussing on the fundamental rules and skills for each sport, which will develop into further opportunities to develop competence and consistency in year 8 through advanced techniques and tactics. Our Year 9 scholars will look to deepen their understanding of a range of sports in year through exploring further strategies and officiating competitive fixtures. Our curriculum is designed with clear intentions of promoting engagement and within this, participation in sport both in and out of curriculum PE time. Through this curricular (and Extra-Curricular) participation in PE, we look to develop the physical condition of our scholars' lifestyles, increasing their understanding of how to live healthy, active lifestyles.

Learning environments are established through the maximal usage of exceptional, substantial sporting facilities at the DMU Queen Elizabeth Sports Centre, which allow for maximal participation increasing engagement and reliable pupil progress. Consistent BMA policies are followed across our sporting site to ensure all scholars access learning in the most efficient manner possible.

BMA PE Curriculum Map			
	Year 7 <i>Fundamental Rules/Skills</i>	Year 8 <i>Advanced techniques and tactics</i>	Year 9 <i>Strategies and Officiating</i>
Cycle 1	<p>Dance (Expression) Actions Motif Motif Development Choreography</p> <p>Basketball (Teamwork) Passing Dribbling Shooting Defending</p> <p>Badminton (Resilience) Overhead Push Underarm Push Serving Gameplay</p>	<p>Netball (Teamwork) Passing Footwork Attacking Principles Defensive Principles</p> <p>Table Tennis (Resilience) Backhand Drive Forehand Drive Spin Serve's Doubles gameplay</p> <p>Badminton (Resilience) Overhead Clear Underarm Clear Drop Shot Doubles Gameplay</p>	<p>Volleyball (Resilience) Set Shot (teampay) Dig shot Spike shot Officiating</p> <p>Basketball (Teamwork) Advanced Passing/Dribbling Advanced Rulings Positional play</p> <p>Badminton (Resilience) Footwork Backhand Clear Smash Officiating</p>
Cycle 2	<p>Table Tennis (Resilience) Backhand Push Forehand Push Serving Gameplay</p> <p>Netball (Teamwork) Passing Shooting Defending Positional Play</p> <p>Cricket (Responsibility) Catching Throwing Introduction to Batting Introduction to Bowling</p>	<p>Volleyball (Resilience) Set shot The serve Dig shot Gameplay</p> <p>Leadership (Handball) Warm-Up's Leading activities</p> <p>Cricket (Responsibility) Ground Fielding Backing Up (batting) Aggressive Batting Advanced Bowling</p>	<p>Table Tennis (Resilience) Backhand Smash Forehand Smash Advanced Serving</p> <p>Netball (Teamwork) Passing Footwork Attacking Principles Defensive Principles</p> <p>Leadership (Ultimate Frisbee) Warm-Up's Passing activities Catching activities Leading and officiating</p>
Cycle 3	<p>Football (Teamwork) Passing Dribbling Shooting Defending</p> <p>Dodgeball (Communication) Fundamental Laws The Rush Catching Blocking</p>	<p>Health and Fitness (Wellbeing) Heart Rate Cardiovascular Circuits Core body Circuits Lower body Circuits Upper body Circuits</p> <p>Football (Teamwork) Advanced Passing Advanced Dribbling Attacking Principles</p>	<p>Handball (Teamwork) Advanced Passing + Dribbling Jump Shot Positional Play Officiating</p> <p>Cricket (Responsibility) Advanced Catching Backing up (Fielding) Defensive Batting Bowling Variations</p>

	Handball (Teamwork) Passing Dribbling Shooting Defending	Positional Play Ultimate Frisbee (Teamwork) Backhand Pass Catching Forehand Pass Positional Play	Health and Fitness (Wellbeing) Planning your own Circuit Principles of Training Cardiovascular Circuits Plyometric Circuits
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- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.