

Brook Mead Academy PE Curriculum Map

The PE Curriculum at BMA has been designed to ensure our scholars develop a widespread understanding of Physical Education through an exceptionally diverse curriculum. The curriculum sets the academic year into 3 cycles, where there are 9 sports covered each year, creating a uniquely diverse 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 and Sport ahead of GCSE PE.

Through our rich and diverse curriculum, we aim to inspire scholars to participate in a range of sports. As a result of the engaging PE curriculum, it also 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 learning a range of further 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 continuing to develop their techniques further. In year 10 our scholars will investigate units even further through learning how to confidently and accurately officiate a range of sports in a competitive environment. 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>Techniques and Tactics</i>	Year 9 <i>Advanced Techniques and Tactics</i>	Year 10 <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>Basketball (Teamwork) Advanced Passing/Dribbling Advanced Rulings Positional play</p> <p>Badminton (Resilience) Footwork Backhand Clear Smash Doubles</p> <p>Table Tennis (Resilience) Backhand Smash Forehand Smash Advanced Serving</p>	<p>Volleyball Set Shot (teamplay) Dig shot Footwork/Rallying Spike shot</p> <p>Basketball Advanced Passing/Dribbling Advanced Rulings Positional play</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>Handball (Teamwork) Passing Footwork Attacking Principles Defensive Principles</p> <p>Cricket (Responsibility) Ground Fielding Backing Up (batting) Aggressive Batting Advanced Bowling</p>	<p>Volleyball (Resilience) Set Shot (teamplay) Dig shot Footwork/Rallying Spike shot</p> <p>Netball (Teamwork) Passing Footwork Attacking Principles Defensive Principles</p> <p>Cricket (Responsibility) Ground Fielding Backing Up (batting) Aggressive Batting Advanced Bowling</p>	<p>Flag Football Passing Catching Defending Attacking plays</p> <p>Pickleball Forehand Drive Backhand Drive Serve (bounce and volley) Matchplay</p>
Cycle 3	<p>Football (Teamwork) Passing Dribbling Shooting Defending</p>	<p>Health and Fitness (Wellbeing) Heart Rate Cardiovascular Circuits Core body Circuits</p>	<p>Handball (Teamwork) Advanced Passing + Dribbling Jump Shot Positional Play Officiating</p>	<p>Badminton Footwork Backhand Clear Smash Officiating</p>

	<p>Dodgeball (Communication) Fundamental Laws The Rush Catching Blocking</p> <p>Gymnastics (Expression) Movement Shapes Sequences Routines</p>	<p>Lower body Circuits Upper body Circuits</p> <p>Flag Football (Teamwork) Passing Catching Defending “Downs”</p> <p>Basketball (Teamwork) Passing Lay up’s Set shot Defending</p>	<p>Pickleball (Resilience) Forehand Push Backhand Push Serve Matchplay</p> <p>Health and Fitness Circuits Core body Circuits Lower body Circuits Upper body Circuits</p>	<p>Netball Passing Footwork Attacking Principles Defensive Principles</p>
--	--	---	--	--

- 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.