

Curriculum and Knowledge Map - Term 2

Lower School

Building on fundamentals of hockey, how to grip and stick and complete basic skills like passing.

Building knowledge of shapes, balances and movements in gymnastics and dance. Looking at different transitions, balancing, jumping and floor work.

Know how to pass in hockey.

Know how to make different shapes in gymnastics.

Know how to complete a variety of balances in gymnastics.

PE

Middle School

Building fundamental hockey skills through planned activities. Encouraging pupils to use the correct techniques and building this into a team.

Building fundamental knowledge in gymnastics and dance. Including floor and shape work. Balancing, vaulting and forward rolls.

Know how to dribble and pass in hockey.

Know how to make different shapes in gymnastics.

Know how to complete a forward roll.

14-16

Pupils will participate in a range of team games that develop an understanding rules, develop tactics and communication. The games aim to boost self-confidence, teach fair play and respect. Pupils will also develop a deeper understanding of performance analysis.

Building on knowledge for an active and healthy lifestyle outside of school

Know how to lead a healthy lifestyle.

Know a variety of ways to keep active outside of school.

Know a range of rules and tactics across a variety of sports.



ASDAN Life Skills Sport

Gaining the opportunity to develop the knowledge required to access fitness facilities and lead a healthy lifestyle. Develop independence of creating fitness circuits and exploring how different exercise effect our body.

Know what is meant by keeping fit.

Know how to use a range of different fitness equipment safely.

Know how to challenge their body within a gym environment.