



## MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 3 Jan - Feb	Lesson 1-5 Boys Basketball	Lesson 1-5 Girls/Mixed Fitness	Lesson 1-5 Boys/Girls/Mixed Cross Country	Lesson 6 All
TOPIC (S)	<b>Objective:</b> In this unit students focus on how to use more advanced principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. Students implement disguise on their passing, dribbling and shooting. In all games activities, Students think about how to use skills, strategies and tactics to outwit the opposition. Students practice and perform man to man and zonal marking along with half and full court press. Students will understand when to use each defensive tactic to outwit opponents	<b>Objective:</b> In this unit pupils will be introduced to fitness based activities and methods of training including interval training, fartlek, circuits, boxercise, yoga and Zumba. They will learn about target heart rates. Focus is on encouraging lifelong involvement in fitness based activities and healthy, active lifestyles.	<b>Objective</b> Pupils run on the cross-country course immediately outside the perimeter gates. In this unit pupils focus on improving their aerobic endurance. They gain knowledge of calories and how to measure effort by using heart rate. Pupil progressed is tracked over the unit and targets set	<b>Objective:</b> To assess pupils in activity.
Knowledge & Skills development	<b>Outwitting an opponent:</b> Pupils will identify different areas of the playing area and be able to move using a variety of techniques. Pupils will understand how to outwit opponents using strategies and tactics during game play. Pupils will learn and perform more basic skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance. <b>Developing Skills/Performance</b> Pupils will develop the skills necessary to outwit opponents. Pupils will replicate techniques with control and accuracy <b>Making and Applying Decisions</b> Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball/shuttle and opponent. Opportunities to score/coach pupils will develop communication and decision making skills. <b>Evaluating and Improving</b> Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess own performance and implement strategies for improvement.			
Assessment / Feedback Opportunities	Formative feedback Verbal feedback Summative assessment for this unit of work.			
Cultural Capital	Out of lessons, at home and in the community, pupils could be encouraged to: <ul style="list-style-type: none"> <li>• join school or local clubs (information on local clubs can be found at <a href="http://www.english.sports.gov.uk">www.english.sports.gov.uk</a>)</li> <li>• organise displays/competitions for pupils to take part in and watch</li> <li>• watch high-quality performances live or on video</li> </ul>			
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<ul style="list-style-type: none"> <li>• Sharing equipment and space.</li> <li>• Respect and tolerance for each other in competitive and competitive situations.</li> </ul>			

<b>Reading opportunities</b>	<ul style="list-style-type: none"> <li>• Activity specific displays</li> <li>• Protocols for fitness testing.</li> </ul>
<b>Key Vocabulary</b>	Dribble pass catch court lay up set shot key court attack defence Run pace heart rate pulse calorie pass dribble shot lay up jump leap fast slow footwork catch throw possession attack defend flexibility tension perseverance aerobic endurance power flexibility strength HIIT, yoga, interval, aerobic endurance, boxercise
<b>Digital Literacy</b>	Research in to rules and coaching of activities.
<b>Careers</b>	Possible coaching/officiating/ fitness instructors progressions in chosen sports.