

Department:

Year 7 PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn / Spring		<ul style="list-style-type: none"> ● Can you demonstrate a basic level of fundamental skills and fitness across a variety of sporting settings? ● Can you select and apply a basic range of passing and receiving skills in hockey in a small sided game? ● Can you select and apply a basic range of passing and receiving skills in Netball in a small sided game? ● Do you understand what different types of fitness there are and how to 	<p>Induction:</p> <p>Introduction to:</p> <ul style="list-style-type: none"> ● Net/Racket Sports Principles ● Striking & Fielding principles ● Invasion game Principles <p>Hockey:</p> <ul style="list-style-type: none"> ● Grip and stance in holding a hockey stick ● Dribbling – stick control and reverse stick ● Push Passing ● Receiving and trapping a moving ball ● Roll Out/ Lateral Drag ● Application of skills in small sided games. ● Knowledge & Understanding of the Rules of Hockey <p>Netball:</p> <ul style="list-style-type: none"> ● Footwork (Pivot and Landing Foot) ● 3 types of pass (Chest, Shoulder and overhead) ● Basic marking and evading skills. ● Application of skills in small sided games. ● Knowledge & Understanding of the Rules of Netball <p>Gymnastics:</p> <ul style="list-style-type: none"> ● Body tension and Extension ● Rolls & Turns ● Jumps & Leaps 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.

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	<p>test and review your own levels of fitness?</p> <ul style="list-style-type: none"> ● Can you perform the basic range of gymnastic movements and apply within a short sequence? 	<ul style="list-style-type: none"> ● The Foundation Shapes ● Travel ● Creating a sequence <p>Football:</p> <ul style="list-style-type: none"> ● Passing using both sides of the foot ● Stopping and trapping the ball ● Jockeying ● Basic Tackling ● Application of skills in small sided games. ● Knowledge & Understanding of the Rules of Football 	<p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
<p>Autumn / Spring</p>	<ul style="list-style-type: none"> ● Can you select and apply a basic range of passing and receiving skills in Football in a small sided game? ● Do you understand the four founding principles behind all Dances? ● Can you maintain a cooperative rally 	<p>Dance:</p> <ul style="list-style-type: none"> ● Learn a set Motif using the theme from Bollywood which includes the principles of: ● Actions ● Space ● Dynamics ● Relationships ● Motif Creation <p>Volleyball:</p> <ul style="list-style-type: none"> ● Fundamentals of Height & Time ● The Set ● The Dig ● The Underarm Serve 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p>

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	<p>of basic strokes in table tennis?</p> <ul style="list-style-type: none"> ● Can you select and apply the three basic passing shots in Volleyball and apply in a small sided situation? ● Can you select and apply a basic range of passing and receiving skills in a small sided basketball game? ● Can you select and apply the forehand and backhand skills within match play in badminton? 	<ul style="list-style-type: none"> ● Application of skills in small sided games. ● Knowledge & Understanding of the Rules of Volleyball <p>Basketball:</p> <ul style="list-style-type: none"> ● Dribbling and pivoting ● Passing and catching ● Attacking strategies ● Shooting technique - grip, stance and follow through ● Shooting technique - lay up ● Knowledge and understanding of the rules of basketball <p>Badminton:</p> <ul style="list-style-type: none"> ● Grip, ready position ● Serving ● Forehand ● Backhand ● Drop Shot ● Tactics ● Knowledge and understanding of the rules of badminton 	<ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
Summer	<ul style="list-style-type: none"> ● Can you perform advanced strokes in a rally to develop into a 	<p>Tennis:</p> <ul style="list-style-type: none"> ● Hand Eye Coordination Skills ● Grip & Stance 'The Ready position' ● Developing the forehand ● Developing the backhand 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills

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	<p>competitive points system?</p> <ul style="list-style-type: none"> ● Can you select and apply an advanced range of skills which are involved with athletic events? ● Can you select and apply advanced striking and fielding positions within a small sided game of rounders? ● Can you select and apply advanced striking and fielding positions within a small sided game of cricket? 	<ul style="list-style-type: none"> ● Volley ● Serve ● Understanding of the rules & scoring of Tennis <p>Athletics:</p> <ul style="list-style-type: none"> ● An introduction to: ● Middle Distance Events (1500m) ● Sprinting (100m/200m) ● Throwing Events (Discus/Javelin) ● Jumping Events (Long Jump/High Jump) ● Understand the rules and measuring of different athletic events <p>Rounders:</p> <ul style="list-style-type: none"> ● Fielding Skills ● Bowling ● Overarm and underarm throwing ● Batting principles ● Understand the rules and scoring of rounders <p>Cricket:</p> <ul style="list-style-type: none"> ● Fielding Skills (pick up and retrieval) ● Overarm throwing ● Bowling ● Batting stance & grip ● Batting Development ● Adapted Games ● Understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
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Curriculum Outline 2023-24

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