

Year 7 PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn / Spring		<ul style="list-style-type: none"> ● 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? 	<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>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select & apply appropriate technical & tactical skills into match play ○ make appropriate decisions in competitive situations regarding application of rules and terminology of the sports ○ be able to provide constructive and appropriate feedback on their own or another's performance.

	<ul style="list-style-type: none"> ● Can you perform the basic range of gymnastic movements and apply within a short sequence? ● Can you select and apply a basic range of passing and receiving skills in Football in a small sided game? 	<p>Gymnastics:</p> <ul style="list-style-type: none"> ● Body tension and Extension ● Rolls & Turns ● Jumps & Leaps ● The Foundation Shapes ● Travel ● Creating a sequence <p>Football:</p> <ul style="list-style-type: none"> ● Dribbling and turning ● Passing development - short passing ● Attacking strategies - movement off the ball ● Defending strategies - jockeying and tackles ● Application of skills in small sided games ● Knowledge & Understanding of the Rules of Football 	<p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy and teamwork skills in relation to the knowledge & understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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. ● Students are assessed on: <ol style="list-style-type: none"> 1) performance of skills and techniques in isolation/unopposed situations 2) application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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<p>Autumn / Spring</p>	<ul style="list-style-type: none"> ● Do you understand the four founding principles behind all Dances? ● 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? 	<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"> ● Set ● Dig ● Serve ● 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>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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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		<ul style="list-style-type: none"> ● Can you select and apply the forehand and backhand skills within match play in badminton? 	<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 	<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. ● Students are assessed on: <ul style="list-style-type: none"> ● performance of skills and techniques in isolation/unopposed situations ● application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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<p>Summer</p>	<ul style="list-style-type: none"> ● Can you perform advanced strokes in a rally to develop into a competitive points system? ● 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? 	<p>Tennis:</p> <ul style="list-style-type: none"> ● Ball control: grip and ready position ● Forehand ● Backhand ● Rally development ● Serve ● Match play <p>Athletics:</p> <ul style="list-style-type: none"> ● Throwing events - shot put, discus, javelin ● Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump ● Track events - 100m, 200m, 800m, 1500m and relay <p>Rounders:</p> <ul style="list-style-type: none"> ● Fielding ● Batting ● Bowling 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ acquire & develop core technical physical skills ○ select and 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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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		<ul style="list-style-type: none"> ● Can you select and apply advanced striking and fielding positions within a small sided game of cricket? 	<p>Cricket:</p> <ul style="list-style-type: none"> ● Throwing: underarm and overarm ● Bowling and bowling progressions ● Batting stance and grip ● Batting Development ● Adapted Games ● Understanding of the rules and scoring of cricket. 	<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. ● Students are assessed on: <ul style="list-style-type: none"> ○ performance of skills and techniques in isolation/unopposed situations ○ application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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