

## Year 7 PE

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

		<p><b>and receiving skills in Football in a small sided game?</b></p>	<ul style="list-style-type: none"> <li>• Passing development - short passing</li> <li>• Attacking strategies - movement off the ball</li> <li>• Defending strategies - jockeying and tackles</li> <li>• Application of skills in small sided games.</li> <li>• Knowledge &amp; Understanding of the Rules of Football</li> </ul>	<p><b>Assessment Point Information:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Students are assessed on:             <ol style="list-style-type: none"> <li>1) Performance of skills and techniques in isolation/unopposed situations</li> <li>2) Application of skills, techniques and decision making under pressure during a conditioned mach/competitive situation</li> </ol> </li> </ul>
Autumn / Spring		<ul style="list-style-type: none"> <li>• <b>Do you understand the four founding principles behind all Dances?</b></li> <li>• <b>Can you select and apply the three basic passing shots in Volleyball and apply in a small sided situation?</b></li> </ul>	<p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>• Learn a set Motif using the theme from Bollywood which includes the principles of:</li> <li>• Actions</li> <li>• Space</li> <li>• Dynamics</li> <li>• Relationships</li> <li>• Motif Creation</li> </ul> <p><b>Volleyball:</b></p> <ul style="list-style-type: none"> <li>• Set</li> <li>• Dig</li> <li>• Serve</li> <li>• Application of skills in small sided games.</li> <li>• Knowledge &amp; Understanding of the Rules of Volleyball</li> </ul>	<p><b>Knowledge &amp; Understanding:</b></p> <ul style="list-style-type: none"> <li>• Students are expected to develop a range of knowledge &amp; understanding on the areas listed opposite. These include the ability to:</li> <li>• Acquire &amp; develop core technical physical skills</li> <li>• Select &amp; apply appropriate technical &amp; tactical skills into match play</li> <li>• Make appropriate decisions in competitive situations regarding application of rules &amp; terminology of the sports</li> <li>• Be able to provide constructive and appropriate feedback on their own or another's' performance.</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Students will be expected to develop numeracy, literacy &amp; teamwork skills in relation to the knowledge &amp; understanding they develop, as well as:</li> </ul>

		<ul style="list-style-type: none"> <li>• Can you select and apply a basic range of passing and receiving skills in a small sided basketball game?</li> <li>• Can you select and apply the forehand and backhand skills within match play in badminton?</li> </ul>	<p><b>Basketball:</b></p> <ul style="list-style-type: none"> <li>• Dribbling and pivoting</li> <li>• Passing and catching</li> <li>• Attacking strategies</li> <li>• Shooting technique - grip, stance and follow through</li> <li>• Shooting technique - lay up</li> <li>• Knowledge and understanding of the rules of basketball</li> </ul> <p><b>Badminton:</b></p> <ul style="list-style-type: none"> <li>• Grip, ready position</li> <li>• Serving</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Drop Shot</li> <li>• Tactics</li> <li>• Knowledge and understanding of the rules of badminton</li> </ul>	<ul style="list-style-type: none"> <li>• Scoring systems in the sport they are studying</li> <li>• Key terminology used within a sport</li> <li>• Awareness of the physical fitness levels required to benefit performance within a sport</li> <li>• Understand loss/win situations and develop resilience &amp; cooperation within a variety of competitive situations</li> <li>• Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.</li> </ul> <p><b>Assessment Point Information:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Students are assessed on: <ul style="list-style-type: none"> <li>- Performance of skills and techniques in isolation/unopposed situations</li> <li>- Application of skills, techniques and decision making under pressure during a conditioned mach/competitive situation</li> </ul> </li> </ul>
Summer		<ul style="list-style-type: none"> <li>• Can you perform advanced strokes in a rally to develop into a competitive points system?</li> </ul>	<p><b>Tennis:</b></p> <ul style="list-style-type: none"> <li>• Ball control: grip and ready position</li> <li>• Forehand</li> <li>• Backhard</li> <li>• Rally development</li> <li>• Serve</li> <li>• Match play</li> </ul> <p><b>Athletics:</b></p>	<p><b>Knowledge &amp; Understanding:</b></p> <ul style="list-style-type: none"> <li>• Students are expected to develop a range of knowledge &amp; understanding on the areas listed opposite. These include the ability to:</li> <li>• Acquire &amp; develop core technical physical skills</li> <li>• Select &amp; apply appropriate technical &amp; tactical skills into match play</li> </ul>

		<ul style="list-style-type: none"> <li>● <b>Can you select and apply an advanced range of skills which are involved with athletic events?</b></li> <li>● <b>Can you select and apply advanced striking and fielding positions within a small sided game of rounders?</b></li> <li>● <b>Can you select and apply advanced striking and fielding positions within a small sided game of cricket?</b></li> </ul>	<ul style="list-style-type: none"> <li>● Throwing events - shot put, discus, javelin</li> <li>● Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump</li> <li>● Track events - 100m, 200m, 800m and relay</li> </ul> <p><b>Rounders:</b></p> <ul style="list-style-type: none"> <li>● Fielding</li> <li>● Batting</li> <li>● Bowling</li> </ul> <p><b>Cricket:</b></p> <ul style="list-style-type: none"> <li>● Throwing: underarm and overarm</li> <li>● Bowling and bowling progressions</li> <li>● Batting stance &amp; grip</li> <li>● Batting Development</li> <li>● Adapted Games</li> <li>● Understanding of the rules and scoring of cricket.</li> </ul>	<ul style="list-style-type: none"> <li>● Make appropriate decisions in competitive situations regarding application of rules &amp; terminology of the sports</li> <li>● Be able to provide constructive and appropriate feedback on their own or another's' performance.</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>● Students will be expected to develop numeracy, literacy &amp; teamwork skills in relation to the knowledge &amp; understanding they develop, as well as:</li> <li>● Scoring systems in the sport they are studying</li> <li>● Key terminology used within a sport</li> <li>● Awareness of the physical fitness levels required to benefit performance within a sport</li> <li>● Understand loss/win situations and develop resilience &amp; cooperation within a variety of competitive situations</li> <li>● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.</li> </ul> <p><b>Assessment Point Information:</b></p> <ul style="list-style-type: none"> <li>● 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.</li> <li>● Students are assessed on: <ul style="list-style-type: none"> <li>- Performance of skills and techniques in isolation/unopposed situations</li> </ul> </li> </ul>
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