

## Physical Education – Year 7 Curriculum

During the year, pupils are taught activities on a rotation. The terms in the content column below are an indication of when an activity might be covered.

<b>Content (Intent)</b>	<b>Links to prior learning</b>	<b>Skills and Assessment (Implementation)</b>	<b>Expected Learning Outcomes (Impact)</b>
<p><b>Term 1/2</b>  <b>Real PE. Taught to all Year 7 classes during terms 1/2.</b></p> <ul style="list-style-type: none"> <li>• A 9-week Unit of Work based upon Real PE.</li> <li>• Develops basic skills and builds on Primary learning.</li> </ul> <p>Each lesson covers warm up activities, skill-based challenges and a competitive element in which pupils put their newly learnt and improved skills in to practice.</p>	<p>Consolidate learning from Primary School.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge and understanding of physical literacy, fitness and sport skills.</li> <li>• Evaluation of peers' performances and be able to identify strengths and weaknesses.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform a range of core skills which can be applied to sport and physical activity.</li> <li>• To understand how to identify a successful performance.</li> <li>• To be able to give appropriate feedback to others to aid improvement.</li> </ul>
<p><b>Terms 2-6</b>  <b>Games activities.</b>  <b>Three 9-week Units of Work covering the following games activities are taught across the year.</b></p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Hockey</li> <li>• Volleyball</li> <li>• Basketball</li> <li>• Tennis</li> </ul> <p>Each lesson covers a warm up, skills practices and competitive situations, building up to a full game at the end of each activity.</p>	<p>Each activity builds on the knowledge and skills developed in the previous one.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of techniques involved in games activities including passing and receiving, dodging, marking and scoring.</li> <li>• Principles of attacking and defending.</li> <li>• Knowledge of rules and tactics, and application of these to each sport.</li> <li>• Evaluation of their own and other performances.</li> </ul> <p>Assessment:</p> <ul style="list-style-type: none"> <li>• Each activity is assessed against assessment bands at the end of each 9-week block.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform a range of skills in each sport which enable effective participation in a competitive situation.</li> <li>• To be able to transfer knowledge of techniques and skills between games activities.</li> <li>• To be able to give appropriate feedback to others to aid improvement.</li> </ul>

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<p><b>Terms 2-6</b>  <b>Fitness</b>  <b>One 9-week Unit of Work covering the following fitness activities:</b></p> <ul style="list-style-type: none"> <li>• Warm ups and cool downs</li> <li>• Skipping</li> <li>• Circuit training – fitness circuits and skills circuits.</li> <li>• Continuous training</li> <li>• Fitness classes</li> </ul>	<p>Consolidate learning from Primary School.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of different aspects of fitness.</li> <li>• Knowledge of how to improve their own fitness and which activities are suitable.</li> <li>• Evaluation of their own and other performances.</li> </ul> <p>Assessment:            Each activity is assessed against assessment bands at the end of each 9-week block.</p>	<ul style="list-style-type: none"> <li>• To be able to plan and complete a warm up for themselves and others.</li> <li>• To understand how different aspects of fitness impact on performance in sport.</li> <li>• To be able to select different fitness activities that they can do to improve their own fitness.</li> <li>• To be able to give appropriate feedback to others to aid improvement.</li> </ul>
<p><b>Terms 2-5</b>  <b>Dance</b>  <b>One 9-week Unit of Work covering the following areas of dance:</b></p> <ul style="list-style-type: none"> <li>• Corner work</li> <li>• Jumps</li> <li>• Gestures and motifs</li> <li>• Balance</li> <li>• Rotation</li> </ul> <p>Throughout the 9 weeks pupils choreograph and perform routines which increase in complexity, involving all of the skills listed above.</p>	<p>Consolidate learning from Primary School.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of basic dance terminology.</li> <li>• Development of rhythm, including counting and moving to a beat.</li> <li>• Knowledge of basic choreographical devices.</li> <li>• Evaluation of their own and others' routines. Identification of strengths and areas for improvement.</li> </ul> <p>Assessment:            Each activity is assessed against assessment bands at the end of each 9-week block.</p>	<ul style="list-style-type: none"> <li>• To be able to perform dance skills from the different movement categories.</li> <li>• To be able to choreograph short routines for themselves and others.</li> <li>• To be able to perform dances of different styles.</li> <li>• To be able to observe and feedback to others about their routines to aid improvement.</li> </ul>

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<p><b>Terms 2-5</b>  <b>Gymnastics</b>  <b>One 9-week Unit of Work covering the following areas of gymnastics:</b></p> <ul style="list-style-type: none"> <li>• The four gymnastics themes of flight, travel, balance and rotation.</li> <li>• Individual routine construction involving the four themes.</li> <li>• Safe use of apparatus including small apparatus, large apparatus and trampettes.</li> </ul> <p>Throughout the 9 weeks pupils design and develop increasingly complex and challenging routines, incorporating skills and agilities from the four gymnastic themes.</p>	<p>Consolidate learning from Primary School.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of different types of flight, balance, travel and rotation.</li> <li>• Knowledge of routine construction.</li> <li>• Knowledge of how to get out, use and put away a range of apparatus safely.</li> <li>• Evaluation of their own and other performances.</li> </ul> <p>Assessment:  Each activity is assessed against assessment bands at the end of each 9-week block.</p>	<ul style="list-style-type: none"> <li>• To be able to perform skills and agilities from the four gymnastic themes of flight, travel, balance and rotation.</li> <li>• To be able to apply these skills and agilities to an individual routine.</li> <li>• To be able to use apparatus safely, imaginatively and to enhance their routines.</li> <li>• To be able to observe and feedback to others about their routines to aid improvement.</li> </ul>
<p><b>Terms 1-6</b>  <b>Swimming</b>  <b>Pupils are taught a 9-week Unit of Work on swimming technique, covering:</b></p> <ul style="list-style-type: none"> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breast stroke</li> <li>• Butterfly</li> <li>• Diving</li> <li>• Tumble turns</li> </ul>	<p>Consolidate learning from Primary School.</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of techniques including leg action, arm action, body position, breathing and timing for each stroke.</li> <li>• Knowledge of rules for each stroke in competition.</li> <li>• Starts and turns for each stroke.</li> <li>• Knowledge of water safety and personal survival.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform a range of strokes demonstrating effective body position and technique in the water.</li> <li>• To be able to understand how to perform correct starts and turns for each stroke.</li> <li>• To be able to explain how to keep themselves and other safe around water and perform basic personal survival techniques.</li> </ul>

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Each lesson focuses on developing technique in each stroke, alongside starts and turns, water safety and personal survival skills. Competition is included through races and relays.		<ul style="list-style-type: none"> <li>Evaluation of their own and other performances.</li> </ul> Assessment: Each activity is assessed against assessment bands at the end of each 9-week block.	<ul style="list-style-type: none"> <li>To be able to give appropriate feedback to others to aid improvement.</li> </ul>
<b>Term 5/6</b> <b>Athletics</b> <b>Pupils are taught a 5-week Unit of Work on athletics, covering a range of the following events:</b> <ul style="list-style-type: none"> <li>Sprints – 100m, 200m</li> <li>Distance – 800m, 1500m</li> <li>Throws – Rounders ball throw, Shot</li> <li>Jumps – Long jump, high jump</li> <li>Hurdles – 70m</li> <li>Relay</li> </ul> Each lesson will cover 1 or more events, beginning with developing technique and rules knowledge, culminating in measuring performances and identifying areas for improvement.	Consolidate learning from Primary School.	Skills: <ul style="list-style-type: none"> <li>Knowledge of correct technique for each athletics event.</li> <li>Knowledge of rules and tactics for each event.</li> <li>Knowledge of how to use athletics equipment safely</li> <li>Knowledge of how to time and measure performances accurately.</li> <li>Evaluation of their own and other performances.</li> </ul> Assessment: Each activity is assessed against assessment bands at the end of each block.	<ul style="list-style-type: none"> <li>To be able to perform each event with an effective technique.</li> <li>To understand the different fitness requirements of each event.</li> <li>To be able to measure and time their peers' performances correctly.</li> <li>To be able to use equipment safely and understand the rules for each event.</li> <li>To be able to give appropriate feedback to others to aid improvement.</li> </ul>

## Resources and/or activities to support learning

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During the year, pupils are taught activities on a rotation. The terms in the content column below are an indication of when an activity might be covered.

Extracurricular clubs are provided in all of the above activities across the year and the timetable is displayed on noticeboards as the school website.

Sports Captains and Prefects support with coaching at extracurricular clubs.

Competitions – Interhouse events (netball, swimming, tennis, rounders, sports day) and external matches and fixtures in a range of sports.

Links with local sports clubs – posters are displayed on noticeboards.