

Curriculum Overview for students

What are we learning in Physical Education in Year 7

WHEN	MAIN TOPICS	KEY SKILLS	RESOURCES TO HELP ME/ASSESSMENT DETAILS
HALF TERM 1	Health related fitness: Display components of fitness such as, speed, power, agility, balance, coordination, reaction time, muscular strength, cardiovascular fitness, flexibility within various methods of training.	Beats per minute Pulse raiser Stretch Skill related activity Lactic acid Pacing Breathing rate Agility Speed Accuracy	Half term assessment - <i>Perform different methods of training.</i> <i>Able to set up three fitness tests to measure components of fitness.</i>
HALF TERM 2	Basketball: Practise Dribbling, Chest and Bounce pass, overhead pass, shooting in game situations.	Bounce pass Chest pass Lay-up Dribble Triple threat BEEF Double dribble Travel	Half term assessment - <i>Practical demonstration of core skills.</i> <i>Competitive games with officials scoring.</i>
HALF TERM 3	<i>Badminton:</i> <i>Practise the following core skills: Grip and ready position, forehand and backhand strokes, service, clears, drop shot, smash, push shot, tap shot.</i>	Wrist flick Drop shot Service line Court markings Officiate Trajectory Flight	Half term assessment - <i>Practical demonstration of core skills.</i> <i>Competitive games with officials scoring.</i>
HALF TERM 4	<i>Gymnastics:</i> Produce sequences which include various travelling, rolls, movement and balances	Locomotion Body tension Aesthetics Control Unison Canon Unique Creative Point Patch Mirror Match	Half term assessment - <i>Practical demonstration of core skills.</i> <i>Competitive games with officials scoring.</i>
HALF TERM 5	Dance:	Actions Creative	Half term assessment -

	Perform dance movements using steps, gestures, formations and body shapes.	Rhythm Beats Choreography	<i>Practical demonstration of core skills. Competitive games with officials scoring.</i>
HALF TERM 6	Outdoor Adventurous Activity: <i>Develop teamwork skills to overcome problem solving activities and physical challenges.</i>	Problem Solving Teamwork Leadership Communication Cooperation Physical challenge	Half term assessment - <i>Practical demonstration of core skills. Competitive games with officials scoring.</i>

Curriculum Overview for students

What are we learning in Games in Year 7

WHEN	MAIN TOPICS	KEY VOCABULARY AND GRAMMAR	RESOURCES TO HELP ME/ASSESSMENT DETAILS
HALF TERM 1&2	RUGBY	Ball handling/carrying Passing and receiving Beating an opponent/Evasion Tacking Presenting Rucking Mauling Outwitting an opponent Correct body positions Decision making and observational skills	Half term assessment - <i>Practical demonstration of core skills. Competitive games with officials scoring.</i>
HALF TERM 3&4	Football	Ball control short/long pass Dribbling Shooting Tackling Jockeying Heading Goalkeeping	Half term assessment - <i>Practical demonstration of core skills. Competitive games with officials scoring.</i>
HALF TERM 5	Athletics		Half term assessment - <i>Practical demonstration of core skills. Competitive games with officials scoring.</i>
HALF TERM 6	Practising striking and fielding in sports such as softball / rounders / cricket.	Fielding Throwing Catching Tagging Pitching	Half term assessment - <i>Practical demonstration of core skills. Competitive games with officials scoring.</i>

		Batting Base running	
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