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| **Year 7 – Physical Education** |
| **Curriculum intent** | The year 7 curriculum is designed to develop learners in a range of sports, with a suitable amount of time to enable them to progress. They will take part in an induction unit focussing on the motor competence in a range of activities. Each student will perform in a range of activities and sports throughout the year to develop healthy participation. They will also develop their understanding of rules and regulations, tactics and health related components. Students will develop an understanding of fair play and improve on it throughout the year |
| **Term** | **Carousel 1 (Autumn)** | **Carousel 2 (Spring)** | **Carousel 3 (Summer)** |
| Knowledge | Students will develop an understanding of the basic skills, techniques, rules and regulations in games in Football / Netball / Handball They will develop an understanding of Fair play and respect in a variety of activitiesLearners will understand a 3 part warm up, with the opportunity to lead their partner or a small group. Learners will develop and understand a range of fitness components. | Students will develop an understanding of the:Students will develop an understanding of the basic skills, techniques, rules and regulations in games in Football / Netball / Handball / BadmintonUnderstand and play by the basic rules and regulations of a net game.Understand how to replicate and create dance motifs and how to perform.Understand how to link actions together in Dance motif/gymnastic short sequence and how to perform with controlThey will develop an understand how to respect each other through creative aesthetic elementsLead elements of the warm up within their group’s pairsLearners will develop and understand a range of fitness components. | Students will develop an understanding of the rules and regs for striking and fielding games, athletic competition.Understand different ways to lead in OAA activities, knowing different ways to communicate and how to use them.Understand how to compete fairly and record fairly.Understand how to develop resilience play in team and individual activitiesUnderstand how to structure a warm up, know how to lead elements of the warm up specific to their sport/activityLearners will develop and understand a range of fitness components. |
| Skills | **Team games****Basic skills in Handball – football – Netball**Throw and catchPassing – using a rangeFootwork and movementDribblingShooting**OAA - Team building and Problem Solving/Orienteer**Communicate in different ways to achieve a goalSolve and Complete challenges in pairs and groupsLead others to complete challengesOrientate a mapFollow a route | **Net game – Badminton – Problem Solving** developing the basic footwork Overhead shots Flick servesRally and play competitively combining skills**Dance**movement to music, creating motifs, Choregraphing movements**Gym** Balance/Travel/RollLinking actions together to create sequencesReview performance – identifying ways to improveUse low level apparatus safely and creatively**OAA - Team building and Problem Solving/Orienteer**Communicate in different ways to achieve a goalSolve and Complete challenges in pairs and groupsLead others to complete challengesOrientate a mapFollow a route | **Striking/Field games – Rounders / cricket**Throw with more accuracyHigh and Low catchBowl**OAA - Team building and Problem Solving/Orienteer**Communicate in different ways to achieve a goalSolve and Complete challenges in pairs and groupsLead others to complete challengesOrientate a mapFollow a route |
| Assessments | Formative ongoing assessment throughout schemes of learning based on the 8 can statement topic overviewsEnd of activity Teacher assessment – Using the 8 can statement Topic overviews | Formative ongoing assessment throughout schemes of learning based on the 8 can statement topic overviewsEnd of activity Teacher assessment – Using the 8 can statement Topic overviews | Formative ongoing assessment throughout schemes of learning based on the 8 can statement topic overviewsEnd of activity Teacher assessment – Using the 8 can statement Topic overviews |
| **Enrichment** | Extracurricular/PD+ clubsNetballHandball FootballBadmintonTable TennisTrampolining clubFitness Inter form – Lineball game | Extra-curricular clubs/PD+ clubsFutsal/FootballNetballDodgeballBasketballTable TennisFitness Inter form – NEW Sport Challenge | Extra-curricular clubs/PD+ clubsCricketSoftballRoundersAthleticsTrampoline clubsFitness Inter form Athletic competition  |