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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 activities  Learners 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 / Badminton  Understand 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 control  They will develop an understand how to respect each other through creative aesthetic elements  Lead elements of the warm up within their group’s pairs  Learners 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 activities  Understand how to structure a warm up, know how to lead elements of the warm up specific to their sport/activity  Learners will develop and understand a range of fitness components. |
| Skills | **Team games**  **Basic skills in Handball – football – Netball**  Throw and catch  Passing – using a range  Footwork and movement  Dribbling  Shooting  **OAA - Team building and Problem Solving/Orienteer**  Communicate in different ways to achieve a goal  Solve and Complete challenges in pairs and groups  Lead others to complete challenges  Orientate a map  Follow a route | **Net game – Badminton – Problem Solving**  developing the basic footwork  Overhead shots  Flick serves  Rally and play competitively combining skills  **Dance**  movement to music, creating motifs, Choregraphing movements  **Gym**  Balance/Travel/Roll  Linking actions together to create sequences  Review performance – identifying ways to improve  Use low level apparatus safely and creatively  **OAA - Team building and Problem Solving/Orienteer**  Communicate in different ways to achieve a goal  Solve and Complete challenges in pairs and groups  Lead others to complete challenges  Orientate a map  Follow a route | **Striking/Field games – Rounders / cricket**  Throw with more accuracy  High and Low catch  Bowl  **OAA - Team building and Problem Solving/Orienteer**  Communicate in different ways to achieve a goal  Solve and Complete challenges in pairs and groups  Lead others to complete challenges  Orientate a map  Follow a route |
| Assessments | Formative ongoing assessment throughout schemes of learning based on the 8 can statement topic overviews  End 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 overviews  End 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 overviews  End of activity Teacher assessment – Using the 8 can statement Topic overviews |
| **Enrichment** | Extracurricular/PD+ clubs  Netball  Handball  Football  Badminton  Table Tennis  Trampolining club  Fitness  Inter form – Lineball game | Extra-curricular clubs/PD+ clubs  Futsal/Football  Netball  Dodgeball  Basketball  Table Tennis  Fitness  Inter form – NEW Sport Challenge | Extra-curricular clubs/PD+ clubs  Cricket  Softball  Rounders  Athletics  Trampoline clubs  Fitness  Inter form Athletic competition |