Subject: Physical Education

Year: 7					
Autumn HT 1	<u>Autumn HT 2</u>	Spring HT 1	Spring HT 2	<u>Summer HT 1</u>	<u>Summer HT 2 –</u>
<section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header>	Group 1 (Mixed) Basketball (Developing Techniques) Group 2 (Mixed) Trampolining (Developing Techniques & Analysing Performance) Group 3 Netball (Mixed) (Developing Techniques) All- Cross Country & Orienteering (Development of Personal Health & Problem	(Developing Techniques) Group 3 (Mixed) Basketball (Developing Techniques)	Boys Rugby League (Developing Techniques) Girls Rugby League (Developing Techniques) Mixed Rugby League (Developing Techniques)	Group 1 Athletics (Developing Techniques & Analysing Performance) Group 2 Athletics (Developing Techniques & Analysing Performance) Group 3 Athletics (Developing Techniques & Analysing Performance)	All- Rounders or Cricket (Developing Techniques) All- Dance (Performing dance techniques)
<u>Baseline</u>	Solving) Trampolining	<u>Trampolining</u>	Rugby League	Athletics	Rounders/ Cricket
 Pupils complete the following fitness tests to generate a practical baseline level Sit and reach- Flexibility Wall Throw Test- Coordination Illinois Run- Agility 30 Sprint- Speed Ruler Drop test- Reaction Time Standing Long Jump- Power Coopers Run and cross country- Cardiovascular Fitness 	 Health and safety (5), straight bouncing and stopping 5 basic shapes; focus on technique and extension Seat landings- develop technique Seat to front- basic rotation Know the correct technique (3 stages) for front and back landings Routines - 6 bounce routine 	 Health and safety (5), straight bouncing and stopping 5 basic shapes; focus on technique and extension Seat landings- develop technique Seat to front- basic rotation Know the correct technique (3 stages) for front and back landings Routines - 6 bounce routine 	 Game Familiarisation (Tag Rugby) Playing the ball Evading defenders- side step Passing from the floor Passing out of hand Introduction to static tackling technique 	 Sprinting technique (100/200m) Relay changeovers- technique Middle distances- technique and pace (400/800m) Long jump technique Triple jump technique Shot put technique Discus technique Javelin technique 	 Pitch familiarisation basic rules Fielding skills- underarm, bowling Batting technique Ball pick up- scoop and flick, chase and turn Fielding skills- overarm Fielding skills- scoop and flick Dance Identify 'half' and 'full' beat, movement in time/
<u>Netball</u>	 Basketball Game Familiarisation 	Basketball	miran	dus	group danceFormation and locomotionUnison; group work

 Game Familiarisation (basic rules, structure) Passing (techniques; chest, bounce, overhead) Footwork rule/ pivot Shooting technique Movement into space sprint/ dodge Defending Introduction to positions Health and safety (5), straight bouncing and stopping S basic shapes; focus on technique and extension Seat landings- develop technique Seat to front- basic rotation Know the correct technique (3 stages) for front and back landings
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for front and back Cross Country
Routines – 6 bounce Resilience and
routine Ordiovascular
endurance and
physical benefits
physical benefits
Orienteering
• Course
familiarisation
(problem solving/
competition)
Use of controls to
solve literacy/
numeracy
challenges
(problem solving).

•	Different levels in
	dance
-	Cannon; group
•	
	work
•	Practice and refine
	group piece-
	performance