

**Subject: Physical Education**

**Year: 7**

<p><b><u>Autumn HT 1</u></b></p> <p><b>Baseline Testing</b></p> <p><b>Groups 1&amp; 2 Netball (Mixed)</b> (Developing Techniques)</p> <p><b>Group 3 Trampolining (Mixed)</b> (Developing Techniques)</p>	<p><b><u>Autumn HT 2</u></b></p> <p><b>Group 1 (Mixed) Basketball</b> (Developing Techniques)</p> <p><b>Group 2 (Mixed) Trampolining</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 3 Netball (Mixed)</b> (Developing Techniques)</p> <p><b>All- Cross Country &amp; Orienteering</b> (Development of Personal Health &amp; Problem Solving)</p>	<p><b><u>Spring HT 1</u></b></p> <p><b>Group 1 (Mixed) Trampolining</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 2 (Mixed) Basketball</b> (Developing Techniques)</p> <p><b>Group 3 (Mixed) Basketball</b> (Developing Techniques)</p>	<p><b><u>Spring HT 2</u></b></p> <p><b>Boys Rugby League</b> (Developing Techniques)</p> <p><b>Girls Rugby League</b> (Developing Techniques)</p> <p><b>Mixed Rugby League</b> (Developing Techniques)</p>	<p><b><u>Summer HT 1</u></b></p> <p><b>Group 1 Athletics</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 2 Athletics</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 3 Athletics</b> (Developing Techniques &amp; Analysing Performance)</p>	<p><b><u>Summer HT 2 –</u></b></p> <p><b>All- Rounders or Cricket</b> (Developing Techniques)</p> <p><b>All- Dance</b> (Performing dance techniques)</p>
<p><b><u>Baseline</u></b></p> <p>Pupils complete the following fitness tests to generate a practical baseline level</p> <ul style="list-style-type: none"> <li>• Sit and reach- Flexibility</li> <li>• Wall Throw Test- Coordination</li> <li>• Illinois Run- Agility</li> <li>• 30 Sprint- Speed</li> <li>• Ruler Drop test- Reaction Time</li> <li>• Standing Long Jump- Power</li> <li>• Coopers Run and cross country- Cardiovascular Fitness</li> </ul> <p><b><u>Netball</u></b></p>	<p><b><u>Trampolining</u></b></p> <ul style="list-style-type: none"> <li>• Health and safety (5), straight bouncing and stopping</li> <li>• 5 basic shapes; focus on technique and extension</li> <li>• Seat landings- develop technique</li> <li>• Seat to front- basic rotation</li> <li>• Know the correct technique (3 stages) for front and back landings</li> <li>• Routines – 6 bounce routine</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation</li> </ul>	<p><b><u>Trampolining</u></b></p> <ul style="list-style-type: none"> <li>• Health and safety (5), straight bouncing and stopping</li> <li>• 5 basic shapes; focus on technique and extension</li> <li>• Seat landings- develop technique</li> <li>• Seat to front- basic rotation</li> <li>• Know the correct technique (3 stages) for front and back landings</li> <li>• Routines – 6 bounce routine</li> </ul> <p><b><u>Basketball</u></b></p>	<p><b><u>Rugby League</u></b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (Tag Rugby)</li> <li>• Playing the ball</li> <li>• Evading defenders- side step</li> <li>• Passing from the floor</li> <li>• Passing out of hand</li> <li>• Introduction to static tackling technique</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sprinting technique (100/200m)</li> <li>• Relay changeovers- technique</li> <li>• Middle distances- technique and pace (400/800m)</li> <li>• Long jump technique</li> <li>• Triple jump technique</li> <li>• Shot put technique</li> <li>• Discus technique</li> <li>• Javelin technique</li> </ul>	<p><b><u>Rounders/ Cricket</u></b></p> <ul style="list-style-type: none"> <li>• Pitch familiarisation basic rules</li> <li>• Fielding skills- underarm, bowling</li> <li>• Batting technique</li> <li>• Ball pick up- scoop and flick, chase and turn</li> <li>• Fielding skills- overarm</li> <li>• Fielding skills- scoop and flick</li> </ul> <p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Identify 'half' and 'full' beat, movement in time/ group dance</li> <li>• Formation and locomotion</li> <li>• Unison; group work</li> </ul>

<ul style="list-style-type: none"> <li>• Game Familiarisation (basic rules, structure)</li> <li>• Passing (techniques; chest, bounce, overhead)</li> <li>• Footwork rule/ pivot</li> <li>• Shooting technique</li> <li>• Movement into space- sprint/ dodge</li> <li>• Defending</li> <li>• Introduction to positions</li> </ul>	<ul style="list-style-type: none"> <li>(basic rules, structure)</li> <li>• Footwork</li> <li>• Passing- 3 types (techniques)</li> <li>• Dribbling</li> <li>• Shooting- set shot and lay up</li> <li>• Defensive stance and man to man marking</li> </ul>	<ul style="list-style-type: none"> <li>• Game Familiarisation (basic rules, structure)</li> <li>• Footwork</li> <li>• Passing- 3 types (techniques)</li> <li>• Dribbling</li> <li>• Shooting- set shot and lay up</li> <li>• Defensive stance and man to man marking</li> </ul>		<ul style="list-style-type: none"> <li>• Different levels in dance</li> <li>• Cannon; group work</li> <li>• Practice and refine group piece-performance</li> </ul>
<p><b><u>Trampolining</u></b></p>	<p><b><u>Netball</u></b></p>			
<ul style="list-style-type: none"> <li>• Health and safety (5), straight bouncing and stopping</li> <li>• 5 basic shapes; focus on technique and extension</li> <li>• Seat landings- develop technique</li> <li>• Seat to front- basic rotation</li> <li>• Know the correct technique (3 stages) for front and back landings</li> <li>• Routines – 6 bounce routine</li> </ul>	<ul style="list-style-type: none"> <li>• Game Familiarisation (basic rules, structure)</li> <li>• Passing (techniques)</li> <li>• Footwork</li> <li>• Movement- sprint/ dodge</li> <li>• Shooting</li> <li>• Introduction to positions</li> </ul>			
	<p><b><u>Cross-Country/ Orienteering (2 weeks)</u></b></p>			
	<p><b><u>Cross Country</u></b></p>			
	<ul style="list-style-type: none"> <li>• Pacing</li> <li>• Resilience and positive mindset</li> <li>• Cardiovascular endurance and physical benefits</li> </ul>			
	<p><b><u>Orienteering</u></b></p>			
	<ul style="list-style-type: none"> <li>• Course familiarisation (problem solving/ competition)</li> <li>• Use of controls to solve literacy/ numeracy challenges (problem solving).</li> </ul>			