

**Subject: Physical Education**

**Year 7**

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

*Ludus Admirandus*

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| <p><u>Netball</u></p> <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> <p><u>Trampolining</u></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><u>Basketball</u></p> <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> <p><u>Netball</u></p> <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><u>Cross-Country/ Orienteering (2 weeks)</u></p> <p>Cross Country</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><u>Orienteering</u></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> | <p><u>Basketball</u></p> <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> |  | <p><u>Athletics</u></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> |  |
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