

PHYSICAL EDUCATION



ALDER
Community High School

YEAR 7

STUDENTS TAKE PART IN DIFFERENT BLOCKS ON A CAROUSEL THROUGHOUT THE ACADEMIC YEAR

PE NATIONAL CURRICULUM	<p>Common themes that run through each block in line with the National Curriculum:</p> <ul style="list-style-type: none">• Motor Competence• Rules, strategies, and tactics• Healthy Participation
ASSESSMENT	<p>Students are assessed using the holistic HEAD/ HEART/ HANDS model:</p> <ul style="list-style-type: none">• HEAD: Rules, strategies, and tactics• HEART: Alder values• HANDS: Motor competence
Declarative Knowledge	<ul style="list-style-type: none">• Students should understand the technical teaching points of certain skills in a variety of sports/ activities• Students will understand the basic rules of different sports/ activities e.g. restart the game, scoring• Students should know how they conduct themselves safely when participating in different sports/ activities• Students should be aware of the fitness requirements for that sport/ activity e.g. speed, power, flexibility• Students will be able to apply basic strategies and tactics to different sports and activities



Knowledge				Key Vocabulary
Block	Motor Competence	Rules	Strategies and tactics	
Basketball	<ul style="list-style-type: none"> • Passing - <i>How to hold the ball, stance, body position</i> • Dribbling – <i>hands and head position</i> • Shooting – <i>beef, place ball in square, correct footwork</i> • Footwork – <i>one foot anchored</i> • Triple threat position – <i>ball at hip, eyes looking, wide stance</i> • How to move to create space <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>	<ul style="list-style-type: none"> • How to start game • How to restart game • How to dribble – <i>travelling and double dribble</i> • How many players on the court? • Points system – 2 points and 3 points 	<ul style="list-style-type: none"> • Person to Person defence • 1 v 1 defence • Fast break • How to use different passes in different situations 	Body positioning Service angle Flight of shuttle Angles of shot Forehand Backhand Smash Overhead Drop shot Tactics Game plan Officiating Umpiring Adjustments Variations Anticipation
Football	<ul style="list-style-type: none"> • Passing – <i>stance, contact with ball, arms, head</i> • Dribbling – <i>stance, contact with ball, speed, arms, head, opposition, different turn and tricks</i> 	<ul style="list-style-type: none"> • How to start the game • How to restart the game • How to perform a throw in 	<ul style="list-style-type: none"> • Play in either attack, midfield, defence • More defensive formation • More attacking formation 	Attack Defence Pressing Formation



	<ul style="list-style-type: none"> Shooting – <i>contact with ball, non-kicking foot, arms, body position</i> Control – <i>contact with ball, body position</i> Heading – <i>contact with ball, arms, body position</i> Tackling – <i>contact with ball, body shape, side of foot</i> Spatial awareness – <i>losing defender, running into free space</i> <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>	<ul style="list-style-type: none"> How many players on the pitch? How to score a goal 		<p>Finding and using space</p> <p>Changing speed</p> <p>Marking</p> <p>Covering</p> <p>Delaying</p> <p>Moving feet</p> <p>Switch</p> <p>Man on</p> <p>Lofted pass</p> <p>Cross</p> <p>Shape</p> <p>Formation</p> <p>Laces</p> <p>Watching the ball</p> <p>Following through</p>
Badminton/ Table Tennis & Pickleball	<ul style="list-style-type: none"> Serves – <i>stance, grip, racket position, contact with shuttle</i> Clears – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i> Net shot – <i>stance, grip, racket position, contact with shuttle</i> Drop shot – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i> 	<ul style="list-style-type: none"> How to serve Who serves? <i>Ins and outs</i> for singles Points system 	<ul style="list-style-type: none"> Move opponents around the court Play object more to backhand Hit object into open space on court Basic formation for doubles 	<p>Body positioning</p> <p>Service angle</p> <p>Flight of shuttle</p> <p>Angles of shot</p> <p>Forehand</p> <p>Backhand</p> <p>Smash</p>



	<ul style="list-style-type: none"> Smash – <i>stance, grip, racket position, non-racket arm, contact with shuttle</i> Court position – <i>returning to the T after every shot in singles</i> <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>			Overhead Drop shot Tactics Game plan Officiating Umpiring Adjustments Variations Anticipation
Trampolining	<ul style="list-style-type: none"> Safety – <i>spotting, stay in centre, on and off the trampoline</i> Bouncing – <i>arms for balance, head up split foot land & ankles together in air, stay on cross, stop safely</i> Shapes – <i>tuck, pike, straddle, body tension and flexibility</i> Twists – <i>Half twist, full twist, body position</i> Landings – <i>seat, front, back linking in different entries and exits from landing</i> Routines – <i>4 to 6 bounce routines incorporating the different components</i> <p>Use the skills and techniques in shorter routines with basic entry and exits from different skill</p>	<ul style="list-style-type: none"> 3 bounces before routine Higher complexity of skill = higher marks More complex routine = higher marks Greater body tension and flexibility = higher marks Landing on the cross = higher marks 	<ul style="list-style-type: none"> Link components that flow together Pick components that retain height Pick components that you can execute well 	Aesthetics Flight Tuck Straddle Pike Seat Drop Front Drop Back Drop Swivel Hips ½ Twist Full Twist Tension Extension



				Landings Spotting balance Routine
Rugby	<ul style="list-style-type: none"> • Passing the ball – <i>hand position, body position, swing across body, aim for teammates chest, miss pass, switch pass</i> • Running with the ball – <i>how to hold ball, sidesteps, dummy steps, speed</i> • Catching the ball – <i>eyes on ball, W position with both hands, secure to chest, hold ball with two hands</i> • Contact and ripping – <i>head to one side, arms wide, wrap around opponent, fall on side, rip away from opponent towards your team</i> • Tackling from front – <i>low position, target thighs, make contact with shoulder, wrap arms around, pull opponent to one side and fall on top</i> <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>	<ul style="list-style-type: none"> • Passing – no forward passes • Tackling – below shoulder • How to restart play – from try, side-lines, penalty • How to score a try • Points system – 5 points for try • How long the game is played for 	<ul style="list-style-type: none"> • When to run or pass • Where to run or pass • What type of pass to use? • Positions of players on the team 	Attack Defence Pressing Formation Finding and using space Changing speed Play the ball Delaying Anticipation Try Tackle Ruck Maul Conversion Penalty Loop scissors Forwards Backs Lineout



				Intercepting
Dance	<ul style="list-style-type: none"> • Work co-operatively as a member of a team to communicate their thoughts and creative ideas when choreographing movement • Explore choreographic content to present an interesting and engaging performance • Be able to use visual stimuli as a way of generating movement • Be able to perform movement in a stylistically accurate way 	<ul style="list-style-type: none"> • Performance etiquette • Audience etiquette 	N/A	Motif Genre Stylistic Performance Action Space Unison Choreography
Netball	<ul style="list-style-type: none"> • Passing – <i>stance, body position, hands, head, eyes</i> • Catching – <i>hands, body position, stance</i> • Footwork – <i>1-2- and 2-foot landing, pivot</i> • Dodging – <i>speed, feint, timing, movement</i> • Marking – <i>from the side, front and off the ball</i> • Spatial awareness – <i>losing marker, running into space</i> <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>	<ul style="list-style-type: none"> • Scoring system • How to restart the game • Fouls • How long each game is played • Footwork • Positions on court 	<ul style="list-style-type: none"> • When to run or pass • Where to run or pass • What type of pass to use • Positions of players on the team • Marking strategies • Selection of positions • Principles of attack and defence • Creating and using space • Changing speed and direction 	Marking Covering Footwork Obstruction Contact Dodge Centre Pivot Chest pass Bounce pass Feint Repossession Offside



<p>Athletics</p>	<ul style="list-style-type: none"> Running – <i>starts, arm action, leg drive, shoulder, head, breathing, race finishes</i> Jumping – <i>take-off and landing technique, arms and legs in air</i> Throwing – <i>grip, stance, body position, transferring weight, release of object, follow through, angle of release</i> Safety – <i>spatial awareness, throwing zones, equipment safety</i> <p>Use skills and techniques to set personal bests for each event</p>	<ul style="list-style-type: none"> Running – <i>lanes, starts, starting position</i> Jumping – <i>take off, footwork, landing, measuring</i> Throwing – <i>Holding equipment, release of object, measuring</i> 	<ul style="list-style-type: none"> Running – <i>pacing strategies, strong start or strong finish</i> How to run a bend 	<p>Running</p> <p>Stride length Acceleration Pacing</p> <p>Jumping</p> <p>Acceleration Hang time Landing Momentum High jump Triple jump Long jump</p> <p>Throwing</p> <p>Grip Stance Release Weight distribution Transfer Shot put Javelin Discus</p>
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Outdoor Adventurous Activities	<ul style="list-style-type: none"> • Work independently to solve problems • Work as part of a team to solve problems • Follow a basic line map of the school • Be able to identify key symbols from a map • Be able to locate different areas in line with key symbols 	<ul style="list-style-type: none"> • Follow a specific route on a map • Follow rules of how to use specific equipment 	<ul style="list-style-type: none"> • Identify the quickest way to solve a problem • Logistically plan a way to complete maps as quick as possible • Evaluate team performance and make improvements 	Maps Birdseye Scale Symbol Key View
Striking & Fielding (Cricket, Softball, Rounders)	<ul style="list-style-type: none"> • Batting – <i>stance, contact with object, follow through</i> • Bowling – <i>stance, body position, footwork, height, pace of bowl</i> • Fielding – <i>rolling, underarm and overarm throw, short & long barrier, body position</i> • Catching – <i>two hand catch, one hand catch, hand position, body position, eyes</i> • Running – <i>from base or stump, running when fielding</i> <p>Use the skills and techniques in isolation with some elements of pressure added to the situation</p>	<ul style="list-style-type: none"> • Scoring system • How to bowl • How to get a runner out • Rules of the bat • Rules of the field e.g. player positions 	<ul style="list-style-type: none"> • Where to hit • When to run • Where to throw • Field positions 	Stance Batting square Post fielder Deep fielder Innings Backward hit Bowling square Obstruction Accuracy Long and short barrier Anticipation Umpire