



## Armfield Academy – PE

### Year 7 Curriculum Overview



<b>Half Term 1</b>	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. <b>RUGBY, METHODS OF TRAINING, NETBALL, BASKETBALL</b>
WC 02/09	How do I improve? In have a basic level of fitness
WC 09/09	Can conduct a suitable warm up and explain why exercise is good for health and sustainable lifestyle. I apply in activities and competitive situations
WC 16/09	I understand the benefits of fitness levels
WC 23/09	I understand the benefits of fitness levels on performance in activities
WC 30/09	I can lead a small group in different situations given support and ideas
WC 07/10	I can design and lead drills and warm-ups
WC 14/10	End of Term Assessment (Plickers)
<b>Half Term 2</b>	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. <b>BADMINTON, DANCE, METHODS OF TRAINING, HANDBALL</b>
WC 04/11	Q&A re-assuring the learning, observation and analysis. Why is feedback important?
WC 11/11	How do I improve? Understand the differences in performers
WC 18/11	What makes a good coach? Understand the differences in performers and how this affects performance
WC 25/11	When provided with feedback, how did it help you and why? Explain some of specific skills needed for an effective performance
WC 02/11	Who is the best performer/coach and why. I know the basic rules
WC 09/11	How does a variety of rules benefit my performance? I know the basic rules in a variety of sports
WC 16/11	End of Term Assessment (Plickers)
<b>Half Term 3</b>	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. <b>FOOTBALL, TAG RUGBY, CIRCUIT TRAINING, BADMINTON</b>
WC 06/01	How do I improve? Q&A re-assuring the learning and how does the progression link with learning?
WC 13/01	What makes a good success criteria? Refine and link specific skills
WC 20/01	How can we further develop this skill? Have the confidence to apply specific skills in a variety of activities
WC 27/01	Who is the best performer/coach and why. Display skills in a pressured environment
WC 03/02	Progress to using these skills in a competitive situation
WC 10/02	Have the confidence to <i>influence</i> the game/activity
WC 17/02	End of Term Assessment (Plickers)
<b>Half Term 4</b>	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. <b>HANDBALL, FOOTBALL, BASKETBALL, CIRCUIT TRAINING</b>
WC 24/02	How do I improve? Understand the differences in performers
WC 02/03	What makes a good coach? Understand the differences in performers and how this affects performance
WC 09/03	Who is the best performer/coach and why. Explain some of specific skills needed for an effective performance
WC 16/03	I know the basic rules
WC 23/03	I know the basic rules in a variety of sports
WC 30/03	End of Term Assessment (Plickers)
<b>Half Term 5</b>	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. <b>CRICKET, ROUNDERS, ATHLETICS</b>
WC 20/04	Learn how to measure heart rate HR - Can suggest and undertake an appropriate training programme for specific events.
WC 27/04	How do I improve? Continuous Training
WC 05/05	Demonstrate working heart rate WHR - Interval Training
WC 11/05	What sports would benefit from this type of training? Fartlek Training
WC 18/05	End of Term Assessment (Plickers)
<b>Half Term 6</b>	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. <b>CRICKET, ROUNDERS, ATHLETICS</b>
WC 01/06	How do I improve? Refine and link specific skills (cricket, rounders, athletics)
WC 08/06	End of Year Assessment, Have the confidence to apply specific skills in a variety of activities
WC 15/06	What makes a good success criteria? Display skills in a pressured environment
WC 22/06	How can we further develop this skill? Progress to using these skills in a competitive situation
WC 29/06	Who is the best performer/coach and why. Have the confidence to <i>influence</i> the game/activity
WC 06/07	End of Term Assessment (Plickers)
WC 13/07	taking a greater responsibility for my development and showing off my skills

