



**Year 7 Curriculum Overview - Girls**

<b>Half Term 1</b>	
<b>Date</b>	<b>Heart</b> – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. <b>Methods of training &amp; Netball</b>
WC 02/09	I understand the basic components of a warm up and a cool down.
WC 09/09	I can conduct a suitable warm up and cool down in a small group with support. I can explain why warming up and cooling down are important when exercising.
WC 16/09	I understand how heart rate is measured. I can calculate maximum heart rate.
WC 23/09	I can measure heart rate training zones and link these to specific athletes.
WC 30/09	I understand that athletes train differently for their specific sport.
WC 07/10	I can design a basic training session with support from others.
WC 14/10	End of Term Assessment (Plickers)
<b>Half Term 2</b>	
<b>Date</b>	<b>Head</b> – the thinking physical being: decision maker, analytical – deep understanding, confident. <b>Badminton &amp; Football</b>
WC 04/11	I understand what is meant by performance analysis.
WC 11/11	I can identify differences in performers.
WC 18/11	I can use a 'perfect model' video to spot differences between this and my peers' technique.
WC 25/11	I can identify teaching points using a 'perfect model' video.
WC 02/12	I can suggest ways for my partner to improve when analysing their technique against others and a 'perfect model' video.
WC 09/12	I can utilise feedback from my peers to try and improve.
WC 16/12	End of Term Assessment (Plickers)
<b>Half Term 3</b>	
<b>Date</b>	<b>Hands</b> – the doing physical being: physically competent, growth and development, physically active, competitive. <b>Tag Rugby &amp; Boxercise.</b>
WC 06/01	I understand the basic skills required to be successful in tag rugby.
WC 13/01	I can interpret 2/3 teaching points of a skill and apply these to my practice.
WC 20/01	I begin to improve my skills in isolation, considering the key teaching points of the skill.
WC 27/01	I can link 2 skills together without pressure.
WC 03/02	I begin to apply my skills in a competitive situation.
WC 10/02	Confidence in my skills and ability is evident in my performance during competitive situations.
WC 17/02	End of Term Assessment (Plickers)
<b>Half Term 4</b>	
<b>Date</b>	<b>Hands</b> – the doing physical being: physically competent, growth and development, physically active, competitive. <b>Handball &amp; Basketball.</b>
WC 24/02	I can identify skills I have developed in other units and apply these to handball.
WC 02/03	I can explain the teaching points behind the skills and these are evident when I perform isolated skills.
WC 09/03	I can link 2/3 skills together without pressure.
WC 16/03	I can link together the skills I have developed and demonstrate these in a competitive environment.
WC 23/03	I show confidence when performing in a competitive environment.
WC 30/03	End of Term Assessment (Plickers)
<b>Half Term 5</b>	
<b>Date</b>	<b>Head</b> – the thinking physical being: decision maker, analytical – deep understanding, confident. <b>Cricket &amp; Athletics - Field</b>
WC 20/04	I understand the different roles involved in the sport.
WC 27/04	I know the difference between attacking and defensive shots when batting in cricket.
WC 05/05	I understand the different variations of bowling in cricket and can explain some basic rules such as no ball and wide.
WC 11/05	I understand how to field correctly and I can explain the scoring system in cricket.
WC 18/05	End of Term Assessment (Plickers)
<b>Half Term 6</b>	
<b>Date</b>	<b>Heart</b> – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. <b>Athletics - Track &amp; Rounders</b>
WC 01/06	I can lead a small group for a warm up and a cool down with support.
WC 08/06	I understand how fitness levels will affect my performance in athletics.
WC 15/06	I understand the difference between events, short, mid and long distance and how these link with fitness components. Including speed, power, muscular endurance and cardiovascular endurance.
WC 22/06	I can identify which training methods I could utilise to help improve my performance in track events.
WC 29/06	I can design a training plan to help improve the fitness components required for a variety of track events.
WC 06/07	End of Term Assessment (Plickers)
WC 13/07	What we have learned this year, and how PE will change next year.