

ASHTON COMMUNITY SCIENCE COLLEGE: PE CURRICULUM

Year 7 Boys										
	Half term 1	Half term 2		Half term 3		Half term 4		Half term 5		Half term 6
Knowledge	RUGBY (1)	BASKETBALL (2)	VOLLEYBALL (3)	HANDBALL (4)	GYMNASTICS (5)	LEADERSHIP (6)	BADMINTON (7)	CRICKET (8)	ATHLETICS (9)	SUMMER SPORTS (10)
Skills/ application of knowledge	Passing Pop Hip Switch/scissors Tackling Scrummaging 3v3 Attacking line Defensive line Line – Outs 3v3 Kicking Place Grubber Box	Passing Shoulder Chest Bounce Javelin Ball Control Catching One handed Two handed Static On the move Footwork Landing Pivot Running pass Shooting Jump Set Lay – Up Defending Player-to- player Defending the pass Denying space	Shots – Dig Set Spike Serve - Underarm Blocking – Singular Team	Passing Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move Footwork Running pass Running shot Dribbling Shooting Jump shot Standing shot Defending Blocking Tackling Man to man Zonal Goalkeeping Shot stopping – hands, legs, trunk, putting the ball down, fast attack	Balance – <i>Individual</i> <i>Pairs</i> <i>Group</i> Movement – Roll – <i>Forward</i> <i>Backward</i> <i>Side</i> <i>Log</i> <i>Teddy bear</i>	Communication Verbal Non verbal Organisation Tasks People equipment Planning Assessing/ Evaluating		Throwing Underarm Overarm Long & Short distance Catching One handed Two handed Bowling Batting Forward defensive Cover drive On side Off side Fielding Long barrier	Jump – Long & Triple Run up Take off Flight Landing Throw – Shot putt, Javelin, Discus Initial stance Grip Preparation Movement Release Recovery Track Sprints – 100m, 200m, 300m (girls). Middle Distance – 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern	Softball – Batting Fielding – Throwing and catching Base running Frisbee – Backhand Throw Forearm Throw Tackling Catching Lacrosse – Picking up Passing Cradling Shooting Tackling Blocking
Links to prior learning	Building upon tag rugby skills developed in primary school (if covered by their school at KS2)	Building upon basketball skills developed in primary school (if covered by their school at KS2)	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	Building upon basic gymnastic skills developed in primary school	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	Building upon tag rugby skills developed in primary school (if covered by their school at KS2)	Building upon athletic skills developed in primary school (if covered by their school at KS2)	

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Year 7 Girls										
	Half term 1		Half term 2		Half term 3		Half term 4		Half term 5 Half term 6	
Knowledge	NETBALL (1)	BADMINTON (2)	FITNESS (3)	HOCKEY (4)	FOOTBALL (5)	GYMNASTICS (6)	LEADERSHIP (7)	HANDBALL (8)	ATHLETICS (9)	SUMMER SPORTS (10)
Skills/ application of knowledge	Passing Shoulder Chest Bounce Overhead Ball Control Catching Two handed Static Footwork Landing Pivot Shooting One/Two Handed Defending Player-to- player	Serves Low & short High & Deep Clear Shot Forehand Attacking & defending Underarm	Methods of training Circuit training Aerobics Weight training Continuous training Yoga Pilates		Passing Short Passes Dribbling Turning with the ball Striking with the ball Shooting	Balance – <i>Individual</i> <i>Pairs</i> <i>Group</i> Movement – Roll – <i>Forward</i> <i>Backward</i> <i>Side</i> <i>Log</i> <i>Teddy bear</i>	Communication Verbal Non verbal Organisation Tasks People equipment Planning Assessing/ Evaluating	Passing Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move Footwork Running pass Running shot Dribbling Shooting Jump shot Standing shot Defending Blocking Tackling Man to man Zonal Goalkeeping Shot stopping – hands, legs, trunk, putting the ball down, fast attack	Jump – Long & Triple Run up Take off Flight Landing Throw – Shot putt, Javelin, Discus Initial stance Grip Preparation Movement Release Recovery Track Sprints – 100m, 200m, 300m (girls). Middle Distance – 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern	Rounders: Throwing Underarm Overarm Long & Short distance Catching Two handed Bowling Batting Fielding Long barrier
Links to prior learning	Building upon hi-5 netball skills developed in primary school (if covered by their school at KS2)	In most cases, this is a totally new activity to the pupils and there is no prior knowledge	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	Building upon hockey skills developed in primary school (if covered by their school at KS2)	Building upon football skills developed in primary school (if covered by their school at KS2)	Building upon basic gymnastic skills developed in primary school	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	In most cases, this is a totally new activity to the pupils and there is no prior knowledge	Building upon athletic skills developed in primary school (if covered by their school at KS2)	Building upon summer sport activity skill developed in primary school (if covered by their school at KS2)

