

Year 7 Curriculum Implementation: PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge and Skills	<ul style="list-style-type: none"> Baseline Assessments (All) Handball (Boys) Basketball (Boys) Netball (Girls) Gymnastics (Girls) 	<ul style="list-style-type: none"> Football (Boys) Table Tennis (Boys) Team Building (Girls) Fitness (Girls) 	<ul style="list-style-type: none"> Team Building (Boys) Fitness (Boys) Table Tennis (Girls) Basketball (Girls) 	<ul style="list-style-type: none"> Rugby (Boys) Dance (Boys) Football (Girls) Badminton (Girls) 	<ul style="list-style-type: none"> Athletics (All) 	<ul style="list-style-type: none"> Cricket (All) Tennis (Boys) Rounders (Girls)
Links to prior learning	Key Stage 2 National Curriculum Subject Content (DfE, 2013) <ul style="list-style-type: none"> Running, jumping, throwing and catching in isolation and in combination Competitive games, modified where appropriate Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Flexibility, strength, technique, control and balance Dances using a range of movement patterns Outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively 					
Assessment	<ul style="list-style-type: none"> Cross country course (timed) 2 x lessons – small-sided end zone game (middle & high ability split) Conditioned games – Bronze, Silver or Gold Award Gymnastics routine – Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award Singles games up to 11 points – Bronze, Silver or Gold award Ongoing teacher assessment for team building and fitness plus Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award Singles games up to 11 points – Bronze, Silver or Gold award Ongoing teacher assessment for team building and fitness plus Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award Singles games up to 11 points – Bronze, Silver or Gold award Dance routine to ‘Eye of the Tiger’ – Bronze, Silver or Gold Award 	<ul style="list-style-type: none"> Compete in 100m, 200m, 300m, 400m, 800m, 1500m and long jump, triple jump (boys only), shot put, discus and javelin – Bronze, Silver or Gold award 	<ul style="list-style-type: none"> Conditioned games – Bronze, Silver or Gold Award
Home learning	Revision: Muscles	Revision: Bones	Revision: Diet	Revision: Cardio-vascular System	Revision: Components of Fitness	Revision: Warming up
Cultural Capital and extra-curricular opportunities	<ul style="list-style-type: none"> Netball Gymnastics Dance Football Rugby 	<ul style="list-style-type: none"> Netball Gymnastics Dance Football Rugby Indoor Athletics 	<ul style="list-style-type: none"> Netball Dance Football Rugby Table Tennis Basketball 	<ul style="list-style-type: none"> Netball Dance Football Rugby Table Tennis Basketball 	<ul style="list-style-type: none"> Rounders Athletics Dance Tennis Cricket 	<ul style="list-style-type: none"> Rounders Athletics Dance Tennis Cricket
Literacy	My Health – Tier 2 Vocabulary - Muscles	My Health – Tier 2 Vocabulary - Bones	My Health – Tier 2 Vocabulary - Diet	My Health – Tier 2 Vocabulary – Cardio-vascular System	My Health – Tier 2 Vocabulary – Components of Fitness	My Health – Tier 2 Vocabulary – Warming up
Numeracy	Handball, Basketball and Netball scoring system	Football and table tennis scoring system	Table tennis and basketball scoring system	Rugby, football and badminton scoring system	Time keeping, pacing and measuring	Cricket, tennis and rounders score keeping
Careers Information, Education, Advice and Guidance (CEIAG)	https://www.careerpilot.org.uk/job-sectors/subject/pe					
Spirituality	Willingness	Faith	Friendship	Resilience	Self-discipline	Courage
How can parents support the curriculum?	<ul style="list-style-type: none"> Encourage student to participate in extra-curricular activities after school (15:10-16:10) Encourage student to complete a well being walk for at least 30 minutes each evening Join sports clubs outside of school Complete junior park run (2k) or park run (5k) at Worden Park on a Saturday (5k) or Sunday (2k) morning at 9am Question students on the ‘My Health’ vocabulary each week 					