

Year 7 Curriculum Plan

PE



Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PRIOR LEARNING	Baseline assessment Cross country <p>In KS1 and KS2, pupils should have been taught fundamental movement skills including running, jumping, throwing and catching in isolation and combination. Pupils will take part in baseline assessments to allow staff the opportunity to get a starting point of pupil's ability.</p>	Football, Netball & Trampolining – Development of technical and fundamental movement skills and analysis of performance <p>In KS1 and KS2, pupils should have been taught to participate in teams games allowing them to develop simple tactics for attacking and defending.</p>	Rugby and Badminton <p>In KS1 and KS2, pupils should have been taught to participate in teams games allowing them to develop simple tactics for attacking and defending. Pupils will have been taught tactics for attacking and defending and in Autumn 2 so will be able to transfer these skills to different sporting activities.</p>	Dance <p>In KS1 and KS2, pupil should have been taught to perform dances using a range of movement patterns. During their KS3 PE journey pupils will have compared their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils will have been taught how to analyse performance in Autumn 2 so will be able to transfer these skills to different sporting activities.</p>	Health related Fitness, Outdoor Adventurous Activities (OAA) & Cricket <p>In KS2, pupils should have been taught to take part in outdoor and adventurous activity challenges both individually and within a team</p>	Athletics and Rounders <p>In KS1 and KS2 pupils should have been taught to develop flexibility, strength, technique, control and balance and use running, jumping, throwing and catching in isolation and in combination. Additionally, throughout the year 7 PE Journey, pupils will have learnt strategies to outwit an opponent.</p>

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategic decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

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<p>KNOWING WHAT...</p>	<p>The core fundamental movement skills:</p> <ul style="list-style-type: none"> • Running • Jumping • Throwing and catching <p>Basic rules and regulations for the activity they are working on. Including but not an exhaustive list:</p> <ul style="list-style-type: none"> • Team sizes • Scoring System • Court regulations (what is considered in and out) <p>A lesson begins with a warmup:</p> <ul style="list-style-type: none"> • to ensure the body is ready for exercise. • To increase the body temperature. <p>A lesson finishes with a cool down:</p> <ul style="list-style-type: none"> • Prevent injury 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Netball:</p> <ul style="list-style-type: none"> • Footwork and passing • Pivoting • Dodging linking to creating space and outwitting opponents. • Marking linked to defending • The shooting technique • Positional responsibilities <p>Football:</p> <ul style="list-style-type: none"> • Passing and control. • Dribbling • Defending linked to jockeying and tackling • Attacking – shooting <p>Trampolining:</p> <ul style="list-style-type: none"> • Trampoline safety. • Basic jumps and turns • Seat landing • Seat landing combination • Front and back landing development. 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Rugby:</p> <ul style="list-style-type: none"> • Handling and carrying skills: • Picking up a ball including Stationary, Moving and Falling on the ball • Passing: Both hands in either direction • Off-loading • Kicking • Receiving • Running with the ball, balanced running <p>Badminton:</p> <ul style="list-style-type: none"> • Racket familiarisation • Footwork • Serving, backhand and forehand • Low and long serve • Overhead clear 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Dance:</p> <ul style="list-style-type: none"> • Dance fundamental movement skills are – Actions. • Using a stimulus to create a sequence of movement • Unison and canon • What repetition and retrograde is. 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Health related fitness:</p> <ul style="list-style-type: none"> • Importance of warming up and cooling down. • Know how to measure Heart Rates, including before, during and after exercise. • Introduction to components of fitness and their importance in sports. • Pupils to be introduced to training types; circuit, fartlek, continuous & interval training. <p>OAA:</p> <ul style="list-style-type: none"> • Problem solving • Map reading • Team orienteering. <p>Cricket:</p> <ul style="list-style-type: none"> • Ball familiarisation and catching • Fielding • Bowling • Batting • Basic strategies 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Athletics:</p> <ul style="list-style-type: none"> • Technique linked to sprinting the relay event. • Technique linked to fielding events. <p>Rounders:</p> <ul style="list-style-type: none"> • Ball familiarisation and catching • Fielding techniques • Bowling technique • Batting technique • Strategies to outwit opponent
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KNOWING HOW...	<ul style="list-style-type: none"> • How to take part in an effective warm up and cool down. • How to use a range of strategies and tactics in a sporting activity to overcome opponents in direct competition. • How to officiate matches showing good understanding of the rules. 	<ul style="list-style-type: none"> • How to lead an effective self-led warm up. • How to demonstrate leadership to a small group of peers • How to develop communication skills within discussions and activities. 	<ul style="list-style-type: none"> • How the body adapts to and benefits from regular exercise. • How to apply their knowledge of skills and techniques to improve their own and others practical performance. 	<ul style="list-style-type: none"> • How to categorise short and long-term effects of exercise on their physical, mental and social wellbeing. • How to examine problems with technique and how to give coaching points to correct technique mistakes. 	<ul style="list-style-type: none"> • How to justify the advantages of following an active and healthy lifestyle on their physical, mental and social wellbeing. • How to evaluate a performance of a peer or themselves in order to improve skills, techniques and fitness levels. 	<ul style="list-style-type: none"> • How to demonstrate skills and techniques and tactics across a variety of activities. • How to display clear communication skills, empathy and patience.
ASSESSMENT	<p>Pupils will undertake both cross-country and a variety of sports as part of their baseline assessment. The focus of this assessment will be to assess pupils' core fundamental movement skills, their communication within competitive sports and their ability to apply simple tactics linking to both attacking and defending. The assessment will be ongoing which will allow staff to watch pupils in a variety of sports and activities.</p> <p>Pupils will be assessed against the PE Assessment model 'Head, Hand and Heart'.</p> <p>Head – Pupils knowledge and understanding. Problem solving skills, Analysis of performance and feedback.</p> <p>Hand – Pupils physical ability, their technique and tactics. Pupils will also be assessed on their development of fitness.</p> <p>Heart – Pupils leadership skills, communication, respect for others, resilience and confidence.</p>					

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