



Term 1		Term 2	Term 3
PRIOR LEARNING	<u>Baseline assessment</u> <u>Netball, Trampolining, Health Related Fitness and Cross Country</u> In KS1 and KS2, pupils should have learned important fundamental movement skills such as running, jumping, throwing and catching, both on their own and in simple combinations. As they move forward, they will now begin applying these skills in activities like netball, trampolining and health related fitness. To help staff understand each child's starting point, pupils will take part in baseline assessments so we can support their progress effectively.	<u>Dance, Football, Badminton and Outdoor Adventurous Activities (OAA)</u> In KS1 and KS2, pupils should have been taught to participate in team games allowing them to develop simple tactics for attacking and defending. They should have also been taught to perform dances using a range of movement patterns and how to take part in outdoor and adventurous activity challenges both individually and within a team. Pupils will have been taught tactics for attacking and defending in Term 1 so will be able to transfer these skills to different sporting activities.	<u>Athletics and Rounders</u> 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.

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, strategical 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.

Updated: March 2026



KNOWING WHAT ...	Pupils will learn the core skills needed for the following sports: Netball - Students will learn what the key passing, shooting, movement, and basic attacking and defending skills are in netball: • Correct landing and pivoting. • A variety of passes to a stationary partner • Correct shooting technique in isolation • Defensive skills including 'shadowing' • Attacking skills including creating space through 'driving'. Trampolining - Students will learn what the fundamental trampoline skills are, including key elements of body control and correct positioning: • Trampoline safety. • Straight bounce and shapes. • Seat landing • Half-twist jump • Swivel Hips Health related fitness and Cross Country - Students will learn what cardiovascular fitness is and what the main training methods are that help to improve it: • Circuit training – Replicate fitness techniques that link to specific sports. • Interval training - Replicate a High Intensity Interval Workout.	Pupils will learn the core skills needed for the following sports: Dance - Students will learn what actions, choreographic devices, levels, and thematic elements are, and how these are used to create and structure dance sequences: • Create and perform sequences of movement by linking various dance actions • What choreographic devices are and knowing how to use them. Including, Unison, Canon and Levels. • Commitment to Role/Theme: Pupils engage with the dance's story or concept. Football - Students will learn what the core football skills are and what is required to apply them effectively in game situations: • Passing and receiving • Dribble using both feet with control • Shoot at the goal using the correct technique • Tackling: A safe block tackle in a 1v1 drill Badminton - Students will learn what forehand and backhand serves, net shots, lifts, and clears are, including the technical features of each skill: • Forehand high serve. • Backhand low serve. • Forehand net shot • Forehand underarm lift	Pupils will learn the core skills needed for the following sports: Athletics (Fielding) - Students will learn what the techniques and rules are for long jump, shot put, discus, and javelin: • Technique linked to: ○ Long Jump, run up and safe landing. ○ Shot put ○ Javelin ○ Discus ○ Triple Jump Athletics (Track): - Students will learn what sprint starts, pacing strategies, and relay changeovers are in track events: • Technique linked to: ○ 100m ○ 200m ○ 300m ○ 800m ○ 1200m ○ Relay Rounders - Students will learn what the key rounders techniques are in both attack and defence, and what elements contribute to performing them confidently: • Underarm throws
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	• Continuous training - Replicate a sustained running technique. • Pacing, resilience and determination	• Forehand overhead clear OAA/Problem Solving • Teamwork and communication • Problem-Solving and Decision-making • Leadership and Responsibility • Creativity and Critical Thinking	• Overarm throws • Bowling technique • Long barrier method • Forehand batting technique
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Year 7 Curriculum Plan PE



KNOWING HOW...	Students know how to identify key muscle groups and how to apply their functions to movements in physical activity and sport. Students know how to deliver an effective warm-up in small groups by leading a pulse-raiser and appropriate stretching activities.	Students know how to use the concepts of agonist and antagonist muscles and apply them to examples of movement in physical activity and sport. Students know how to lead a warm-up for small groups and how to take responsibility for correctly setting up and safely packing away equipment.	Students know how to demonstrate types of movement at hinge joints and apply them to sporting examples. They also know how to perform and apply the movement types at ball-and-socket joints in physical activity and sport.
ASSESSMENT	Assessment in PE is ongoing which allows staff to watch pupils in a variety of sports and activities. Pupils will be assessed against the PE Assessment model 'Head, Hand and Heart': <u>Head</u> Pupils' knowledge and understanding. Problem solving skills, Analysis of performance and feedback. <u>Hand</u> Pupils' physical ability, their technique and tactics. Pupils will also be assessed on their development of fitness. <u>Heart</u> Pupils' leadership skills, communication, respect for others, resilience and confidence.		

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