



SUBJECT PE Year 7 Curriculum overview for teachers

The below is intended to provide a simple overview of Year 7 PE, the scheme of learning will provide the detailed exposition including literacy, SMSC, assessment, homework, learning activities and resources

Learning Focus	Assessments
<p>Weeks 2–6: Introduction to sport at CLHS (netball, rugby, handball)</p> <p><u>Learning enquiries:</u> Handball: Mixed LE1: What is handball? LE2: What are the basic skills of handball? LE3: Dribbling with the ball How do you get into space and advance up the court? LE4: How do you score a goal in handball? LE5: What do I need to do to be an efficient defender in handball? LE6: Becoming a better attacker LE7: How do I attack and defend as a team? LE8: Demonstrating my progress in drills and matchplay</p> <p>Rugby: Boys LE1: What are the basic FUNDAMENTAL skills of Rugby? LE2: Discovering how to pass the Rugby ball LE3: Develop knowledge and understanding of tackling technique. LE4: Develop knowledge and understanding of Rucking in rugby LE5: What is a lineout in rugby? LE6: What is scrummaging and how do I perform it? LE7: What are the different types of kicks in rugby?</p> <p>Netball: Girls LE1: Can you demonstrate an effective warmup and show ball familiarisation skills? LE2: How do we pass the ball effectively in Netball? LE3: What is footwork in netball? LE4: Can you identify how to find space when being marked? LE5: Can you identify how to mark in Netball? LE6: Where can all the different positions go in netball? LE7: What is the correct technique for shooting in netball? LE8: Exploring different centre passes in netball LE9: To understand Horizontal Banding and how to use it effectively in a game LE10: Explore the importance of backline passes in netball LE11: Match Play, understanding rules of netball.</p> <p>Key Assessment objectives / skills: Practical performance will be assessed with application in drills and games under increasing pressure. Understanding of tactics/ strategies and different roles in the sport. Evaluating own and others performance</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.</p> <p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to complete the department tracking document.</p>
<p>Weeks 7-12: Developing an understanding of a key sport at CLHS (Hockey, Fitness, handball).</p> <p><u>Learning enquiries:</u> Hockey: Mixed LE1: What is field Hockey? Grip & Handling, ball familiarisation</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.</p>



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<p>LE2: Passing and receiving. Discovering how to push pass effectively and control/receive a pass correctly. LE3: Dribbling, To be able to develop and understand the correct technique for dribbling. LE4: Tackling and Defending. To perform block/jab tackles, technique in isolation and under pressure in a game LE5: Shooting. Develop an understanding of how to shoot a hockey ball.</p> <p>Boys: Handball LE1: What is handball? LE2: What are the basic skills of handball? LE3: Dribbling with the ball How do you get into space and advance up the court? LE4: How do you score a goal in handball? LE5: What do I need to do to be an efficient defender in handball? LE6: Becoming a better attacker LE7: How do I attack and defend as a team? LE8: Demonstrating my progress in drills and matchplay</p> <p>Girls: Table Tennis LE1: How do I hold the bat and hit the ball? LE2: How do I maintain a rally with someone? LE3: How and why do I forehand drive? LE4: How do I serve correctly within the rules? LE5: What are the rules and scoring? LE6: How do I smash effectively? LE7: How do I make it difficult for my opponent? LE8: What level am I?</p> <p><u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to complete the department tracking document.</p>
<p>Weeks 13- Cross Country</p> <p><u>Learning enquiries:</u> 1) To complete cross country course to the best of my ability.</p> <p>All groups will complete cross country</p> <p><u>Key Assessment objectives / skills:</u> Teamwork- it is a team effort as we run a house competition with it. Individual fitness and skills</p>	<p>Assessment Pupils will complete the run and will receive a position which will be kept on the tracker.</p> <p>The final lesson will be a race in which pupils will achieve a position for finishing. This will be recorded on the tracking document.</p>



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Developing tactics and strategies	
Weeks 14: Developing sports skills and fitness in outdoor and adventurous activities	Final Assessment: This short unit is not assessed.
<u>Learning enquiries:</u> LE1: Developing teamwork by applying strategies and tactics to overcome challenges <u>Key Assessment objectives / skills:</u> Developing teamwork and communication	
Weeks 15-19: Developing sports skills, techniques and tactics in football, badminton and fitness.	Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.
<u>Learning enquiries:</u> Boys group- football LE1: Develop an understanding of the skills of Passing LE2: To develop an understanding of the basic skill of dribbling with control LE3: To develop an understanding of types of shot on goal. LE4: To be able to perform basic defensive skill – tackling. LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity. Girls group- badminton LE1: Introduction to Badminton – Setting up badminton courts and court lines. LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay Mixed Group- Table Tennis LE1: How do I hold the bat and hit the ball? LE2: How do I maintain a rally with someone? LE3: How and why do I forehand drive? LE4: How do I serve correctly within the rules? LE5: What are the rules and scoring? LE6: How do I smash effectively? LE7: How do I make it difficult for my opponent? LE8: What level am I? <u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.	Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to complete the department tracking document.



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<p>Developing tactics and strategies Evaluating own and others performance.</p>	
<p>Weeks 21-25: Developing sports skills, techniques and tactics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.</p>
<p><u>Learning enquiries:</u> Boys group – Table Tennis LE1: How do I hold the bat and hit the ball? LE2: How do I maintain a rally with someone? LE3: How and why do I forehand drive? LE4: How do I serve correctly within the rules? LE5: What are the rules and scoring? LE6: How do I smash effectively? LE7: How do I make it difficult for my opponent? LE8: What level am I? Girls group – Football LE1: Develop an understanding of the skills of Passing LE2: To develop an understanding of the basic skill of dribbling with control LE3: To develop an understanding of types of shot on goal. LE4: To be able to perform basic defensive skill – tackling. LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity. Mixed group- Badminton LE1: Introduction to Badminton – Setting up badminton courts and court lines. LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay <u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance.</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to complete the department tracking document.</p>
<p>Weeks 26-30: Developing sports skills, techniques and tactics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.</p>
<p><u>Learning enquiries:</u> Boys group – badminton LE1: Introduction to Badminton – Setting up badminton courts and court lines.</p>	



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<p>LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay</p> <p>Girls group – hockey LE1: What is field Hockey? Grip & Handling, ball familiarisation LE2: Passing and receiving. Discovering how to push pass effectively and control/receive a pass correctly. LE3: Dribbling, To be able to develop and understand the correct technique for dribbling. LE4: Tackling and Defending. To perform block/jab tackles, technique in isolation and under pressure in a game LE5: Shooting. Develop an understanding of how to shoot a hockey ball.</p> <p>Mixed Group- football LE1: Develop an understanding of the skills of Passing LE2: To develop an understanding of the basic skill of dribbling with control LE3: To develop an understanding of types of shot on goal. LE4: To be able to perform basic defensive skill – tackling. LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity.</p> <p><u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance.</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to complete the department tracking document.</p>
<p>Weeks 31-38: Developing sports skills, techniques and tactics Boys- week A is athletics and B is cricket Girls- week A is athletics and B is rounders Mixed- week A is rounders and B is athletics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a formative assessment through lots of teacher questioning and observation of skills learned so far.</p>
<p><u>Learning enquiries:</u> All Groups- athletics LE1: Introduce running style (100/200/relay) LE2: How do you pace the 1500m? LE3: How do you pace the 800m? LE4: Is the 400m a sprint or jog? LE5: What is the Long Jump? LE6: How do I combine a hop, step and then a jump to go further? LE7: How do I do the high jump? LE8: What is the discus throw?</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. Pupils will complete the self review analysis wheel. The teacher will need to</p>



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<p>LE9: What is the Shot Put? Is it a throw? LE10: What is the javelin throw and how do I do it?</p> <p>Girls group and mixed- rounders LE1: Am I confident catching and throwing a rounders ball? LE2: How to catch a rounders ball successfully? LE3: How can I develop my fielding skills in rounders? LE4: How do I bowl the ball in rounders? LE5: How do I bat the ball in rounders? LE6: How do I perform a short barrier? LE7: How do I outwit my opposing team using batting and fielding tactics? LE8: How do I referee a rounders match?</p> <p>Boys Group- cricket LE1: Becoming a ferocious fielder LE2: Becoming a cool catcher LE3: Becoming a brilliant bowler LE4: Becoming a super striker LE5: Becoming a skilful striker</p> <p><u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games/ races under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance.</p>	<p>complete the department tracking document.</p>
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