

Year 7	AUTUMN			
Activity Curriculum	Football	Rugby	Netball	Table Tennis
<p>Declarative <i>What should they know?</i></p> <p><i>What key facts/concepts/knowledge do we want all students to know?</i></p>	<ul style="list-style-type: none"> Physical Skills: They should understand the technical teaching points of certain skills in rugby, football, netball and table tennis techniques Rules: They should understand the rules and method of re-starts and scoring in rugby, football, netball and table tennis Safety: They should be aware of how to conduct themselves safely and fairly when preparing, participating, and using rugby, football, netball and table tennis equipment Fitness needs: They should be aware of the fitness needs and requirements for rugby, football, netball and table tennis Thinking Skills: They should be able apply basic thinking skills in rugby, football, netball and table tennis such as spatial awareness and own strengths 			
<p>Procedural <i>What should they be able to do?</i></p> <p><i>What things should all students be able to do?</i></p>	<ul style="list-style-type: none"> Pass with control Dribble with control Control a ball Shoot with accuracy Head the ball with control Adhere to and enforce the rules Have awareness of space Outwit an opponent individually &/or within a team Communicate & collaborate within a team or partner 	<ul style="list-style-type: none"> Adopt the correct grip Perform a pocket and pop pass whilst on the move Run with ball/Evade opponents Tackling from the side/ and form a defensive line Presenting the ball following a tackle Adhere to and enforce the rules Have awareness of space Outwit an opponent individually &/or within a team Communicate & collaborate within a team or partner 	<ul style="list-style-type: none"> Pass with control Footwork with balance Pivot Shoot with accuracy Evade marker to receive Adhere to and enforce the rules Awareness space Outwit an opponent individually/ within a team Communicate & collaborate within a team 	<ul style="list-style-type: none"> Set up/ take down nets safely Score a game/ umpire Grip & ready position Serve (short and long) Forehand push Backhand push Forehand chop Smash (attempted) Adhere to and enforce the rules Awareness opponents' position Outwit an opponent
<p>Disciplinary Literacy (Tier 3 Vocab)</p>	<ul style="list-style-type: none"> Gastrocnemius Quadriceps Hamstring 	<ul style="list-style-type: none"> Evasion/ evading Agility Accelerate 	<ul style="list-style-type: none"> Footwork Penalty pass Contact 	<ul style="list-style-type: none"> Outwitting Forehand Backhand
<p>Assessment</p>	<ul style="list-style-type: none"> Assessed in the five techniques and their ability to apply these techniques into a competitive game/situation Assessed in knowledge of rules and how this impact their performance in a competitive game/situation 			



Curriculum Knowledge Map

Year 7	SPRING			
Activity	Basketball	Trampoline	Badminton	Fitness
<p>Declarative <i>What should they know?</i></p> <p><i>What key facts/concepts/knowledge do we want all students to know?</i></p>	<ul style="list-style-type: none"> Physical Skills: They should understand the technical teaching points of certain skills in basketball, trampoline, badminton and fitness training. Rules: They should understand the rules and method of re-starts and scoring in basketball, trampoline, badminton and fitness training. Safety: They should be aware of how to conduct themselves safely and fairly when preparing, participating, and using basketball, trampoline, badminton and fitness training equipment. Fitness needs: They should be aware of the fitness needs and requirements for basketball, trampoline, badminton and fitness training. Thinking Skills: They should be able apply basic thinking skills in basketball, trampoline, badminton and fitness training, such as spatial awareness, and own strengths and training intensity. 			
<p>Procedural <i>What should they be able to do?</i></p> <p><i>What things should all students be able to do?</i></p>	<ul style="list-style-type: none"> Pass with control Dribble with control Manipulate a basketball Shoot with accuracy Perform stages of a lay-up Adhere to & enforce the rules Creating an angle to receive a pass Have awareness of space Outwit an opponent individually or within a team Communicate & collaborate within a team or partner 	<ul style="list-style-type: none"> Safe entry, exit and warm-up Adhere to safety rules Stop & re-set to centre cross Controlled jumps/ minimal travel Half twist/ full twist technique Shapes (pike/ straddle/ tuck/) Perform a seat drop Perform SD half twist/ swivel hips Front drop/Seat>Front with mat Back drop/back ½ twist to back with mat Progressions of a front somersault with mat 	<ul style="list-style-type: none"> Set up/ take down nets safely Score a game/umpire/court marking Adopt the correct grip Serve (low & high) within the rules Perform an overhead clear Perform a net clear/ net drop shot Attempt to perform a Smash Adhere to and enforce the rules Have awareness of space Outwit an opponent individually &/or within a team Communicate & collaborate within a team or partner 	<p>Safely carry out:</p> <ul style="list-style-type: none"> Continuous training Fartlek training Circuit training Interval Training Plan a circuit training session Set up and put away equipment
<p>Disciplinary Literacy (Tier 3 Vocab)</p>	<ul style="list-style-type: none"> Interval Training Double Dribble Half-court violation 	<ul style="list-style-type: none"> Spotting Pike Straddle Aesthetic appreciation 	<ul style="list-style-type: none"> Clear Dropshot Serve Stance/ ready position 	<ul style="list-style-type: none"> Fartlek Training Continuous Training Cardiovascular Fitness Muscular Endurance
<p>Assessment</p>	<ul style="list-style-type: none"> Assessed in the five techniques and their ability to apply these techniques into a competitive game/situation Assessed in knowledge of rules and how this impact their performance in a competitive game/situation 			<ul style="list-style-type: none"> No formal assessment



Curriculum Knowledge Map

Year 7	SUMMER			
Activity	Cricket	Rounders	Athletics (Track events- Sprints, Hurdles, Relay, 200m, 800m)	Athletics (Field events- High Jump, Long Jump, Shot Putt, Javelin)
<p>Declarative <i>What should they know?</i></p> <p><i>What key facts/concepts/knowledge do we want all students to know?</i></p>	<ul style="list-style-type: none"> • Physical Skills: They should understand the technical teaching points of certain skills in cricket, rounders, athletics track & field. • Rules: They should understand the rules and method of re-starts and scoring in cricket, rounders, athletics track & field. • Safety: They should be aware of how to conduct themselves safely and fairly when preparing, participating, and using cricket, rounders, athletics track & field equipment. • Fitness needs: They should be aware of the fitness needs and requirements for cricket, rounders, athletics track & field. • Thinking Skills: They should be able apply basic thinking skills cricket, rounders, athletics track & field, such as spatial awareness, and own strengths. 			
<p>Procedural <i>What should they be able to do?</i></p> <p><i>What things should all students be able to do?</i></p>	<ul style="list-style-type: none"> • Able to throw over & underarm • Able to catch close balls at chest and waist height • Bowling: Cricket (one step overarm/ grip), Rounder (underarm) • Batting: Cricket (straight swing & grip), Rounders (Forehand) • Long barrier technique • Adhere to & enforce the rules • Able to field & run with a bat • Outwit an opponent individually/ within a team • Communicate & collaborate within a team 		<ul style="list-style-type: none"> • Able to perform a relay change over with a side starting stance • Adopt a sprint start and technique • Perform a basic hurdle technique • Able to identify and keep lap pacing • Adopt lane and bend running • Adhere to and enforce the rules 	<ul style="list-style-type: none"> • Perform high jump approach, take-off and landing • Perform long jump approach, take-off and landing • Perform the shot putt grip, stance and throw • Perform the javelin grip, stance and throw
<p>Disciplinary Literacy (Tier 3 Vocab)</p>	<ul style="list-style-type: none"> • Long-barrier • Boundary • LBW (Leg before wicket) 	<ul style="list-style-type: none"> • Backstop • Base • No-ball 	<ul style="list-style-type: none"> • Baton • Alternate • Lead & trailing leg 	<ul style="list-style-type: none"> • False start • Disqualified • Fosbury Flop
<p>Assessment</p>	<ul style="list-style-type: none"> • Assessed in the five techniques and their ability to apply these techniques into a competitive game/situation. Knowledge of rules 		<ul style="list-style-type: none"> • Assessed in the technique in four/five events and their ability to apply these techniques into a competitive game/situation. Knowledge of rules 	



Curriculum Knowledge Map

