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| **Year 7 Core PE** | | | | | | |
| **Curriculum intent** | In Year 7 PE students will explore fundamental movement skills that form the building blocks of sport specific motor movements, they will participate in Cricket, Dodgeball, Fitness, Football, OAA (orienteering) , Dance and Athletics and rotate around these sports in 10 lesson blocks.  This topic produces students who are physically literate, move with competence and confidence in a wide variety of physical activities in multiple environments. This benefits the healthy development of the whole person, and provides students with the**skills, attitudes, values, knowledge and understanding for lifelong participation in sport and society as a whole.**  For each activity/sport students are taught the activity conventions, motor skills, rules, regulations, strategies and tactics to enable participation are taught and practised, they can articulate and demonstrate these in action and analyse their performance and others whilst understanding and applying healthy participation.  Lessons include realistic ‘purposeful play’ related practices where appropriate, e.g. modified game-based activities to develop a particular technique. | | | | | |
| **Term** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Knowledge** | **7A- Cricket / Football**  **7B- Fitness/ OAA**  **7C- Dodgeball/ Dance**  Students can describe and display motor skills which are the building blocks of all games- Walking, running, stretching, bending, catching and throwing.  In dodgeball Students to be taught throwing accuracy, how to catch a dodgeball and effectively block.  They will understand the benefits of regular exercise and will plan and lead effective warmups. They will be able to demonstrate and draw conclusions from fitness tests.  Cricket understand the basic rules of gameplay and terminology. They will know how many players on a teams and how many inning are played in full matches. | **7A- Football / Dodgeball**  **7B- OAA/ Football**  **7C- Dance / OAA**  Students will understand the primary rules, fundamental skills, and tactical problems associated with each sporting category and will become literate in a variety of games, activities and sports and develop an understanding and competency of the skills and tactics associated with playing traditional sports.  In football they will understand the basic rules of gameplay, offside rule, when they can score and the areas of the pitch.  In OAA, they will understand they need alertness, decision making and map reading skills.  Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills. | **7A- Dodgeball/ Fitness**  **7B- Football/ Dance**  **7C- OAA/ Fitness**  In OAA, they will understand they need alertness, decision making and map reading skills.  They will understand the benefits of regular exercise and will plan and lead effective warmups. They will be able to demonstrate and draw conclusions from fitness tests.  In football they will understand the basic rules of gameplay, offside rule, when they can score and the areas of the pitch.  In dodgeball Students to be taught throwing accuracy, how to catch a dodgeball and effectively block | **7A- Fitness/ OAA**  **7B- Dance / Dodgeball**  **7C- Fitness / Football**  They will be able to make decisions that are autonomous and varies and will be able to evaluate tactics and strategies and analyse decisions that influence gameplay.  Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills.  They will understand the benefits of regular exercise and will plan and lead effective warmups. They will be able to demonstrate and draw conclusions from fitness tests  Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills.  In OAA, they will understand they need alertness, decision making and map reading skills. | **7A- OAA/ Dance**  **7B- Dodgeball/ Cricket**  **7C Football/Cricket**  Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through small teams and individual games.  Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills.  In OAA, they will understand they need alertness, decision making and map reading skills.  Cricket understand the basic rules of gameplay and terminology such as LBW and wickets, they will know how many players on a teams and how many inning are played in full matches. | **7A- Dance/ Athletics**  **7B- Cricket/ Athletics**  **7C- Cricket/ Athletics**  Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through team events and individual events. They will evaluate tactics and strategies and analyse decisions that influence gameplay and will be able to demonstrate my performance and show a range of skills in a competitive situation in both track and field events.  Effective throw, refinement of technique, understand the rules regarding the throw and landing. Application of skills in track and field disciplines. Learners will be able to communicate H&S implications of such events. |
| **Skills** | Fitness they will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength & components of fitness. Jumping, stretching, twisting, catching. Different fitness components and how they are tested, component of fitness and use in sport, how to warm up/cool down safely, looking at heart rate and what happens to it before, during and after exercise,  Cricket, hand and eye co-ordination, throwing and catch, bowling technique, batting techniques. Running, bending, stretching. Overarm throwing, Bowling, Long Barrier, Basic batting stance.  Moving to receive the ball, Positional hitting, catching and returning rolling ball, backing up play, link fielding  Dodgeball Students to be taught the skills of the rush and flick, throwing accuracy, how to catch a dodgeball and blocking | In Football, Foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, turning with the ball, Running, jumping, stretching. dribbling with inside and outside of foot, use of laces when tackling, turning with the ball, Throw ins  How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training.  Dance skills, action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) | In football they will understand controlling the ball, passing, dribbling, shooting and turning with the ball.  How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training.  Dodgeball Students to be taught the skills of the rush and flick, throwing accuracy, how to catch a dodgeball and blocking | By learning the primary rules, fundamental skills, and tactical problems associated with each category. They will also develop their coaching and collaboration skills throughout this activity block developing this core competency and analysing team and individual play accordingly.  Dance skills, action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing)  In fitness they will work on cardio vascular exercise, strength and agility testing  In football they will understand controlling the ball, passing, dribbling, shooting and turning with the ball.  In fitness they will work on cardio vascular exercise, strength and agility testing | Students have confidence when performing in all track and field situations.  They are key players/ leaders in all activities.  Cricket, hand and eye co-ordination, throwing and catch, bowling technique, batting techniques.  How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training.  Dance skills, action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) | Students will demonstrate fluency and autonomous movement  and demonstrate they can show control regardless of the circumstances.  They will accurately replicate the technique for an effective throw in field athletics and perform the event and record distance achieved.  They will understand and appreciate the need to make decisions about refinement of technique after each throw and understand the rules regarding the throw and landing.  effective throw, refinement of technique, understand the rules regarding the throw and landing. Running, jumping, stretching, bending. Sprinting, Middle Distance, High Jump, Long Jump, Shot Put (stationary), Relays, measuring, timekeeping. |
| **Assessments** | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10-lesson block before the rotation of activities. | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10-lesson block before the rotation of activities. | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10 lesson block before the rotation of activities. | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10-lesson block before the rotation of activities. | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10-lesson block before the rotation of activities. | The practical classwork of students will be regularly assessed to check the level of understanding and use of practical skills.  Time is planned into lessons to allow students to regularly reflect on previous work and make improvements.  Assessment points will be held at the end of each 10-lesson block before the rotation of activities. |
| **Curiosity** | <https://www.britishdodgeball.org/>  Glossop Cricket club  <http://glossopsport.co.uk/glossop-cricket-club>  Astley Sports Village  <https://astleysportsvillage.co.uk/> | Glossop Football club  <https://glossoprufc.com/>  <https://hydeschoolofdance.co.uk/>  <https://www.britishorienteering.org.uk/>  **Tameside X Country** | Astley Sports Village  <https://astleysportsvillage.co.uk/>  Glossopdale Basketball club  <https://www.bizseek.co.uk/glossopdale-basketball-club>  Heatherlea Dance school  <https://www.heatherleadance.org/visit_us> | Hollingworth Football club  <https://hjfc.co.uk/>  Glossop Leisure Centre  <https://www.leisurecentre.com/glossop-leisure-centre>  **Whole School Dance Production** | Glossop Cricket club  <http://glossopsport.co.uk/glossop-cricket-club>  Hadfield St Andrews cricket club  <http://glossopsport.co.uk/glossop-cricket-club>  **NSSW- Hikes** | **Tameside Athletics**  http://www.eastcheshireharriers.co.uk/ |