



Curriculum Overview: Physical Education Year group 7 and 8

What your child will learn each half term

This overview shows the key topics, skills, and knowledge your child will be learning in **PE** in **Year 7 and 8**. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

- **What we are learning:** The topic or focus for the half term.
- **Key knowledge & skills:** What students should understand and be able to do.
- **How we assess learning:** knowledge checks, practical tasks, written responses and formal assessments.
- **Key words to know:** Vocabulary students will learn and use.

Our year 7 and 8 curriculum encompasses a carousel style activity list that changes throughout the year. Our aim is to build knowledge and skills throughout year 7, consolidate learning in year 8 and work towards mastery in year 9 and 10.

Girls Set

Boys set

Mixed set

Sport	Half term	Key knowledge/skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
Hockey	Half term 1	Develops skills, rules tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs and external clubs promoted for lifelong sports Skills covered: - Passing - Dribbling - Grip - Shooting	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Push Pass – A pass where the ball is pushed along the ground without a backswing. Hit – Striking the ball with a backswing and follow-through. Dribble – Moving the ball using short, controlled touches with the stick. Tackle – Trying to win the ball from an opponent legally. Marking – Staying close to an opponent to stop them receiving the ball.
	Half term 2				
	Half term 3				
	Half term 4				
	Half term 5				
	Half term 6				
Rugby	Half term 1	Develops skills, rules, tactics, strategies and basic positions. • Fair play • Aspiration • Respect • Endeavour • Integrity School clubs promoted for life long sports.	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Try: When a player grounds the ball in the opponent's in-goal area (like a touchdown); worth 5 points . Knock-on: When a player accidentally knocks the ball forward with their hands or arms; results in a scrum for the other team.
	Half term 2				
	Half term 3				
	Half term 4				
	Half term 5				

	Half term 6	Skills covered: - Passing - Tackling - Rucks - Basic scrums			Forward Pass: Passing the ball forward, which is not allowed in rugby.
Badminton	Half term 1	Develops skills, rules, tactics and strategies	Observations	Attend extra curricular	Racket – The equipment you use to hit the shuttlecock. Shuttlecock (or Shuttle) – The object you hit over the net (looks like a cone with feathers or plastic). Court – The area where the game is played, with boundary lines. Net – The barrier in the middle of the court that you hit the shuttle over.
	Half term 2		Q + A		
	Half term 3	Fair play	Peer assessment	Bring correct PE kit	
	Half term 4	Aspiration			
	Half term 5	Respect	Testing		
	Half term 6	Endeavour Integrity			
		School clubs promoted for life long sports.			
		Skills covered: - Serve (backhand and forehand) - Lift shot - Overhead clear shot - Net/drop shot			
Fitness/Dance	Half term 1	Knowledge of why health and fitness is important.	Observations	Attend extra curricular	Fitness – How well your body can handle physical activity. Exercise – Physical activity that improves your health and fitness. Heart Rate – The number of times your heart beats per minute. Warm-Up – Gentle exercises to get your body ready for more activity. Cool-Down – Light activity and stretches after exercise to help your body recover. Muscle – A body part that helps you move. Stamina – Another word for endurance; how long you can keep going. Body Composition – What your body is made of (fat, muscle, bones, etc.).
	Half term 2	Knowledge of how to develop or maintain Health and fitness for life long mental, health & well-being.	Q + A		
	Half term 3		Peer assessment	Bring correct PE kit	
	Half term 4	School clubs and external clubs promoted for lifelong sports.	Testing		
	Half term 5	Areas covered: - Understanding Heart rate - Nutrition - How to warm up/cool down - Basic circuit training - Impact of exercise			
	Half term 6				

Trampolining	Half term 1 Half term 2 Half term 3 Half term 4 Half term 5 Half term 6	Develops Health and Safety, practical skills. Students develop their analytical and coaching skills to help develop their own and others performance and success. School clubs promoted for lifelong sports. Skills covered: - Shapes (tuck, straddle, pike) - Half/full turn - Seat drop - Swivel hips - Front bounce - Back bounce - Advanced rotations (half turntable/cradle)	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Spotting – Watching a performer closely to help keep them safe. Controlled bounce – A small, safe jump used to stay in control. Stop bounce – A landing technique used to stop bouncing quickly and safely by bending knees and pressing feet into the bed. Trampoline – A strong fabric stretched over a metal frame with springs, used for jumping. Spring pads – Cushions that cover the springs around the edge for safety. Bed – The part of the trampoline you bounce on.
Netball	Half term 1 Half term 2 Half term 3 Half term 4 Half term 5 Half term 6	Develops skills, rules, tactics, strategies and knowledge of basic positions Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports Skills covered: - Passing - Footwork - Shooting	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Centre Pass – The method used to start the game or resume after a goal. Goal Circle – The semi-circle area around the goal post where shooting must occur. Obstruction – When a player defends from less than 3 feet away. Contact – A foul where a player makes physical contact that impedes another. Footwork – A rule that prevents players from stepping incorrectly after receiving the ball (no moving the landing foot). Offside – Being in an area of the court you're not allowed in, based on your position.

Athletics	Half term 6 – ALL groups	Students experience most athletic events, focusing on Health and safety, skills and techniques to improve performance. Analytical Skills are also encouraged to improve overall performance. School clubs and external clubs in the community are promoted for life long sports. Events covered: - 100/200/300/400m sprint - 800/1500m run - Javelin/shot put/discus - Long/triple/high jump - Relay (4x100m)	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Sprint – A short, fast race (e.g., 100m, 200m). Middle Distance – Races that are longer than sprints, like 800m or 1500m. Long Distance – Races over longer distances, such as 3000m or more. Relay – A team race where runners pass a baton to each other. Pacing – Running at a steady speed to conserve energy.
Rounders	Half term 1 Half term 2 Half term 3 Half term 4 Half term 5 Half term 6	Develops skills, tactics, strategies and specific rounders rules Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: - Striking the ball - Throwing/catching - Fielding (on and off a base)	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Batting – Hitting the ball with the bat. Bowling – Throwing the ball towards the batter. Base – The posts players run to score points. Rounder – Scoring a point by running around all four bases. Out – When a batter or runner is dismissed. Catching Out – Catching the ball before it hits the ground to get a player out. Stumping – Touching a base with the ball before the runner gets there to get them out. No Ball – An illegal ball (usually if it bounces twice before reaching the batter or is too high). Pitch – The area where bowling happens. Runner – The player running between bases.

Cricket	Half term 1 Half term 2 Half term 3 Half term 4 Half term 5 Half term 6	Develops skills, rules, tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: - Batting (pull shot, forward defensive, forward drive) - Bowling - Fielding	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	✓ Bowler – The player who throws the ball to try and get the batsman out. Batsman – The player who tries to hit the ball and score runs. Runs – The points scored by the batting team by running between the wickets or hitting boundaries. Wicket – • The set of three stumps and two bails the bowler aims at. • Also means when a batsman gets out. Over – A set of 6 legal balls bowled by one bowler. Catch – When a fielder catches the ball after the batsman hits it, without it touching the ground, the batsman is out. Run out – When the fielding team hits the stumps with the ball before the batsman reaches the crease while running. Crease – The lines near the wickets that mark safe zones for batsmen.
Tennis	Half term 6- ALL groups	Develops skills, rules, tactics and strategies Fair play Aspiration Respect Endeavour Integrity School clubs promoted for life long sports. Skills covered: - Basic forehand - Basic backhand	Observations Q + A Peer assessment Testing	Attend extra curricular Bring correct PE kit	Serve – The shot that starts each point. The player hits the ball from behind the baseline into the opponent's service box. Forehand – A shot hit with the palm of the hand facing forward (usually the dominant hand side). Backhand – A shot hit with the back of the hand facing forward, usually with both hands or one hand on the racket. Rally – When players hit the ball back and forth during a point. Volley – A shot hit before the ball bounces on the ground.

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