

Year 7 PE Curriculum Sequence

Subject Intent: Our PE curriculum, through a stimulating and enjoyable programme of study and enrichment opportunities, enables all students to build a love and appreciation for physical activity, so they confidently participate in exercise beyond school and lead and maintain a healthy active lifestyle in adulthood. Leadership development is threaded through all aspects of our curriculum to create articulate and confident young people who make a positive contribution to their community.

	Autumn Term	Spring Term	Summer Term
Big idea/Theme	<p>Invasion Games (Rugby, Netball, Football)</p> <p><i>Development of attacking and defensive principles</i> Leadership Thread: Respect</p>	<p>Dance Net/Wall Games (Tennis & Badminton) Fitness</p> <p>Leadership Thread: Confidence & Resilience</p>	<p>Striking & Fielding (Rounders & Cricket) Athletics</p> <p><i>Development of technique</i> Leadership Thread: Effort</p>
Knowledge that needs to stick	<p>Netball: Footwork (1, 2 stuck like glue), positioning (Only G's allowed in the D's) 3 types of passes (chest, bounce and shoulder). Rugby: Backward passing across the body. How to score a Tri, the defensive wall and what is classed as "offside". Badminton: How to start a badminton game - underarm/backhand serve. Court lines for singles/doubles to identify what is classed as in and out. Football: Instep of foot when passing, eyes up to move into space. Body position when shooting. Dance: Unison & Canon. What a motif is. Musicality- counts of 8 Tennis: Coordination skills, rules surrounding the serve and court lines (singles/doubles), basic techniques of the ground stroke and serve. Fitness: How to measure resting heart rate and maximum heart rate. The stages of a warmup and cool down (why?) The short and long term effects of exercise on the body. Athletics: Health and safety of events, the components of fitness required to be successful. Striking & Fielding: The different techniques for throwing (over/underarm), the positioning and action required when batting.</p>		
Demonstration of Knowledge (Assessment)	<p>All students complete a core task at the start of each topic. They will then self-assess against the HEAD, HEART and HANDs grid. Throughout the block of work the teacher with adapt and condition learning to support and challenge individuals. Pupils will then re do the core task and self-assessment.</p>		
Links to key stage 2/ prior knowledge needed	<p>Invasion Games: Hand-eye and foot-eye coordination, experiences of working in small groups, Hi 5 netball & Tag Rugby. Dance: Movement to music and basic body control through gymnastic focused lessons. Net/Wall Games: Hand-eye coordination drills, short tennis experience. Striking & Fielding: Throwing and catching, adapted batting games. Athletics: Running, adapted throwing and jumping tasks.</p>		

Skill set development	Teamwork Leadership Speaking Listening	Creativity Teamwork Leadership Staying positive Aiming high Creativity Problem solving Speaking Listening	Teamwork Leadership Speaking Listening
Key Vocabulary (Tier 2/ Tier 3)	Evaluate, Assess, Critically State Describe Demonstrate Analyse Communicate Technique Tactics Attack Defend Exploit Footwork Passing Obstruction Contact Replayed Rebound Support Umpire Referee Rules Balance Coordination Tension	Choreography Motif Unison Canon Devices Formations Levels Stimulus/ Stimuli Replicate Analyse Aesthetic Locomotion Balance Coordination Tension Extension Evaluate Assess Critically State Describe Demonstrate Cardiovascular Endurance Speed Acceleration Agility	Foul Overarm Underarm Wide Distance Speed Pacing Evaluate Assess Critically State Describe Demonstrate Analyse Communicate Technique Tactics Overarm Underarm Wide Distance Speed Pacing

	<p>Extension Drive Tackle Ruck Offside Diagonal Power Accurate Placement Identify Technique Foul Defensive Feints Possession</p>	<p>Balance Strength Co-ordination Interval Training Fartlek Training Circuit Training Continuous Training Defensive Feints Possession</p>	
Reading and Oracy	<p>Tactical formations and their effectiveness. Team discussions Home learning reading task based on the topic area. Quiz to be completed based on the content in the article.</p>	<p>Using visual stimuli to depict what the image is saying. Home learning reading task based on the topic area. Quiz to be completed based on the content in the article. Resource cards showing visuals and teaching points.</p>	<p>Resource cards to develop knowledge for specific athletics events.</p>
Numeracy	<p>Calculating team scores (differs between sport)</p>	<p>Calculating resting heart rate, maximum heart rate and upper and lower thresholds. Counting beats (varying based on rhythm/tempo of the music). Calculating scores (differing between Tennis & Badminton)</p>	<p>Measuring distances and using stopwatches for time. Calculating runs</p>

Opportunities			
Careers	Professional sports person, Official, Analyst, Media broadcaster, Coach/Manager, Physiotherapist, Nutritionist, Personal Trainer, Gym instructor, Grounds person, Sport Scientist Teacher, Safeguarding & Welfare lead, Activity Camps, First Aider Kit/equipment creator, Events manager Journalist, TV presenter, Sports Lawyer Photographer, Steward Security, Volunteers		
SMSC including British Values, Culture and Diversity	Using imagination and creativity in learning Recognising right and wrong and applying it Developing personal qualities and using social skills Understanding and appreciating personal influences		
Relationship and Sex Education and Health Education	Working with others to develop relationships	Working with others to develop relationships Healthy active lifestyles – choices, side effects.	Healthy active lifestyles – choices, side effects.