

**Subject: Physical Education**

**Year group: 7**

**Department Curriculum Vision:** *Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.*

|                                          | Autumn Term 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Autumn Term 2                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Content:</b><br><b>(Know what...)</b> | <b>Boys:</b> Football / Handball<br><b>Girls:</b> Netball / Handball / Rugby<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b><br>-Rules<br>-Scoring<br>-Positions<br>-Basic tactics/strategies<br>-Key techniques                                                                                                                                                                                                                                                               | <b>Boys:</b> Rugby / Badminton<br><b>Girls:</b> Football / Badminton / Rugby<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b><br>-Rules<br>-Scoring<br>-Positions<br>-Basic tactics/strategies<br>-Key techniques                                                                                                                                                                        |
| <b>Skills:</b><br><b>(know how...)</b>   | <b>In Year 7 students will cover basic skills that are essential in each sport.</b><br><br><b>Football:</b> Passing, dribbling, shooting, tackling, attacking principles, defensive principles<br><b>Handball:</b> Passing, dribbling, shooting, tackling, attacking principles, defensive principles<br><b>Netball:</b> Passing, footwork, attacking principles, defensive principles, shooting<br><b>Rugby:</b> Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principles | <b>In Year 7 students will cover basic skills that are essential in each sport.</b><br><br><b>Football:</b> Passing, dribbling, shooting, tackling, attacking principles, defensive principles<br><b>Badminton:</b> Footwork & positioning, serving, underarm shots, overhead shots, outwitting opponents<br><b>Rugby:</b> Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principles |

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| <b>Key vocabulary</b>      | <b>Football:</b> Possession, overload, marking, control<br><b>Handball:</b> Possession, feint, drive, zone<br><b>Netball:</b> Drive, dodge, footwork, contact<br><b>Rugby:</b> Ruck, breakdown, offload, depth | <b>Football:</b> Possession, overload, marking, control<br><b>Badminton:</b> Clear, smash, rally, deception<br><b>Rugby:</b> Ruck, breakdown, offload, depth |
| <b>Mid Term Assessment</b> | Practical assessment                                                                                                                                                                                           | Practical assessment                                                                                                                                         |
| <b>End Term Assessment</b> | Practical assessment                                                                                                                                                                                           | Practical assessment                                                                                                                                         |
|                            | <b>Spring 1</b>                                                                                                                                                                                                | <b>Spring 2</b>                                                                                                                                              |

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| <b>Content:</b><br><br><b>(Know what...)</b> | <b>Boys:</b> Fitness / Basketball<br><b>Girls:</b> Fitness / Basketball<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b> <ul style="list-style-type: none"><li>-Rules</li><li>-Scoring</li><li>-Positions</li><li>-Basic tactics/strategies</li><li>-Key techniques</li><li>-Health and fitness</li></ul> | <b>Boys:</b> Hockey / Gymnastics<br><b>Girls:</b> Hockey / Gymnastics<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b> <ul style="list-style-type: none"><li>-Rules</li><li>-Scoring</li><li>-Positions</li><li>-Basic tactics/strategies</li><li>-Key techniques</li><li>-Compositional ideas</li></ul> |
| <b>Skills:</b><br><br><b>(Know how...)</b>   | <b>In Year 7 students will cover basic skills that are essential in each sport.</b><br><br><b>Fitness:</b> Fitness testing, types of training<br><b>Basketball:</b> Passing, dribbling, shooting, defending, attacking principles, defensive principles                                                                                         | <b>In Year 7 students will cover basic skills that are essential in each sport.</b><br><br><b>Hockey:</b> Passing, dribbling, shooting, tackling, attacking principles, defensive principles<br><b>Gymnastics:</b> Shapes, flight, rotation, balance, rhythmic, composition                                                                    |

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| <b>Key vocabulary</b>                    | <b>Fitness:</b> Aerobic, anaerobic, repetition, components of fitness<br><b>Basketball:</b> Possession, rebound, lay-up, marking                                                                                                                 | <b>Hockey:</b> Possession, overload, marking, control<br><b>Gymnastics:</b> Control, extension, travel, tension                                                                                                                              |
| <b>Mid Term Assessment</b>               | Practical assessment                                                                                                                                                                                                                             | Practical assessment                                                                                                                                                                                                                         |
| <b>End Term Assessment</b>               | Practical assessment                                                                                                                                                                                                                             | Practical assessment                                                                                                                                                                                                                         |
|                                          | <b>Summer 1</b>                                                                                                                                                                                                                                  | <b>Summer 2</b>                                                                                                                                                                                                                              |
| <b>Content:</b><br><b>(Know what...)</b> | <b>Boys:</b> Athletics / Cricket<br><b>Girls:</b> Athletics / Cricket<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b><br>-Rules<br>-Scoring<br>-Positions<br>-Basic tactics/strategies<br>-Key techniques | <b>Boys:</b> Tennis / Rounders<br><b>Girls:</b> Tennis / Rounders<br><br><b>In Year 7 students will cover basic knowledge that underpins each sport:</b><br>-Rules<br>-Scoring<br>-Positions<br>-Basic tactics/strategies<br>-Key techniques |

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| <b>Skills:<br/>(Know how...)</b> | <p><b>In Year 7 students will cover basic skills that are essential in each sport.</b></p> <p><b>Athletics:</b> Sprints, mid-long distance, throws, jumps<br/> <b>Cricket:</b> Fielding, batting, bowling</p> | <p><b>In Year 7 students will cover basic skills that are essential in each sport.</b></p> <p><b>Tennis:</b> Footwork &amp; positioning, forehand, backhand, serving, volleys, outwitting opponents<br/> <b>Rounders:</b> Fielding, batting, bowling</p> |
| <b>Key vocabulary</b>            | <p><b>Athletics:</b> Transfer, rotation, drive, pacing<br/> <b>Cricket:</b> Cushion, frontfoot, backfoot, barrier</p>                                                                                         | <p><b>Tennis:</b> Fault, ground stroke, let, volley<br/> <b>Rounders:</b> Obstruction, stumped, outfield, no ball</p>                                                                                                                                    |
| <b>Mid Term Assessment</b>       | Practical assessment                                                                                                                                                                                          | Practical assessment                                                                                                                                                                                                                                     |
| <b>End Term Assessment</b>       | Practical assessment                                                                                                                                                                                          | Practical assessment                                                                                                                                                                                                                                     |

## Additional information

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| <b>Homework</b>                                      | Research and booklet on the rules/skills/positions of the sports being covered.                                                                                                                                                                                                                                                              |
| <b>Extra curricular and enrichment opportunities</b> | <p>Lunch and after school clubs in the following activities:<br/> Netball, football, handball, gymnastics, badminton, rounders, cricket, fitness, basketball, rugby, athletics, tennis.</p> <p>Many of these clubs will feed into school teams, where students will be able to represent the school at Borough leagues and competitions.</p> |
| <b>Useful links that will support learning</b>       | <p><a href="https://www.rulesofsport.com/">https://www.rulesofsport.com/</a><br/> <a href="https://www.topendsports.com/resources/rules/index.htm">https://www.topendsports.com/resources/rules/index.htm</a></p>                                                                                                                            |

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| <b>How parents can support learning</b> | Encourage your child to attend our vast extra-curricular programme of activities.<br>Supporting the students with their kit organisation. |
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