

Our Lady Queen of Peace

Catholic Engineering College

Curriculum Overview

Year 7 Physical Education

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 1 - 12	OAA & Team Building – Boys/girls (Teamwork, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Ball familiarisation, tackling, the ruck, the ruck developed, gap discipline, passing from the ruck		Ruck, defensive line, tight carry	
	Badminton – Boys (confidence)	Rules and routines, serving, clear, drop shot, positioning		Rally, Serve, backcourt	
	Netball – Girls (physical competence)	Passing, footwork, dodging, shooting, positions, roles and responsibilities, rules – footwork, 3 seconds, contact, obstruction, offside, out of play		Landing foot, double dodge, attacking, defending.	
	Gymnastics – (Creativity and Confidence)	Travelling, rolls, starting and finishing position balances, individual balances – points of contact, sequencing to include levels, introduction to trampolining – basic shapes, twists and landings.		Forward roll, body tension, sequencing.	
Week 13 - 22	Basketball – boys (Resilience)	Rules, dribbling, passing and utilising space, shooting, lay ups, defensive stance	Last lesson last sport questions (refer to teacher sheet)	Dribble low, wide stance, chest pass	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous, interval, core stability, agility and speed, boxing, circuits		Heart rate, abdominal muscles, co - ordination	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, basic rules.		Split grip, dribble, push pass.	
	Dance – girls (Creativity and Confidence)	Beat, teacher led choreography, unison, group choreography, cannon, rhythm expression, theme		Beat, unison, choreography.	
Week 23 – 31	Hockey – boys (tactics and strategy)	Rules, dribbling, hit pass, push pass, jab, 2v1s	Last lesson last sport questions (refer to teacher sheet)	Flat stick, free hit, jab tackle	Extra-curricular programme Lancashire cup competitions
	Dance – boys (Creativity and Confidence)	Introduction to the HAKA/the beat, rhythm and expression, levels, cannon, mirroring,, performance		Facial expressions, timing, confidence	

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, basic rules – out of play, kick off, goal kick, corner kick		Drag back, inside/outside hook, striking with laces.	Information on local clubs WLSPE Events
	Volleyball – girls (Resilience)	Dig, volley/set, serve, spike, scoring, basic rules – out of play, number of touches on the ball		Dig, volley, serve.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 800m		Grip, stance, height.	
Week 40 – 44	Cricket – boys (Leadership and responsibility)	Rules, throwing catching, bowling, fielding positioning, batting stance	Last lesson last sport questions (refer to teacher sheet)	Over, wickets, fielder	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Rules, throwing and catching, bowling, fielding positioning, batting stance		Home run, strike, no ball	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit		Bowler, back stop, deep fielder.	
	Cricket – girls (physical competence)	Batting, bowling (underarm), throwing, catching fielding, scoring – 1/4/6		Wickets, an over, boundary.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Safety and control, turning, shapes, seat drops, front drops, performance	Last lesson last sport questions (refer to teacher sheet)	Safety, turning, landing	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – girls (Health and well-being)	Continuous, circuit, interval.		Immediate effects of exercise, heart rate, breathing rate.	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Baseline assessment	Knowledge of content learnt from the KS2 National curriculum. This is a written and practical assessment.	To provide students with an accurate attainment target.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.