

Year 7 – Health & Wellbeing

Curriculum intent	Learners will experience core values and develop key competencies through challenging and innovative lessons rooted in developing learner's personal characteristics through sport and physical activity. Learners will experience a range of activities and physical challenges that will test all aspects of not only their fitness but also their character, a large section of the curriculum in year 7 is based around understanding emotions and being able to manage thoughts and feelings effectively.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p>Team Work Hockey Netball Fitness</p> <p>Learners will develop their sport specific knowledge across a range of different sports. Rules, regulations and scoring systems will be introduced for each new sport or activity and learners will develop their practical skills set in order to play competently</p>	<p>Team Work Basketball Football Leadership</p> <p>Understanding and respect for rules, regulations and competitors will be taught as will leadership qualities and tactical knowledge. Learners will continue to build on their range of practical skills, developing their basic skill set and also pushing themselves to</p>	<p>Team Work Volleyball Rugby Fitness</p> <p>Analysis of performance is crucial to developing and improving performance. Learners will start to reflect on their performance within a match or game situation and identify where their performance could improve. Understanding your areas for improvement is</p>	<p>Team Work Handball Cricket Indoor Athletics</p> <p>Learners will work specifically on perfecting set skills both core and advanced skills. Developing these specific areas will allow learners to further their impact on performance. Learners will learn how to change a performance through the use of tactics and will develop their feedback and</p>	<p>Team Work Rounders Badminton Athletics</p> <p>Rules, regulations and scoring systems will be introduced for each new sport or activity and learners will develop their practical skills set in order to play competently within a set game or match. Confidence and determination will be developed through a focus on individual</p>	<p>Team Work Softball Athletics Lacrosse</p> <p>Learners will continue to reflect on their performance within a match or game situation and identify where their performance could improve. Understanding your areas for improvement is key to developing core and advanced practical skills.</p>



	<p>within a set game or match. Communication both verbal and non verbal will be discussed and used to influence a performance within sport. Physical ability will be developed and tested throughout, challenging learners to identify set skill or practices and develop their abilities within specific areas.</p>	<p>master advanced skills. Fitness Levels will be tested again and all learners will identify their areas for physical development and will be challenged to work hard within these areas. Rules, regulations and scoring systems will be introduced for each new sport or activity and learners will develop their practical skills set in order to play competently.</p>	<p>key to developing core and advanced practical skills. Understanding and respect for rules, regulations and competitors will be taught as will leadership qualities and tactical knowledge.</p>	<p>reflections skills. Observing a performance and then reacting with a set tactic or play will help further their impact in competition. Learners will continue to develop their sport specific knowledge across a range of different sports and build on their increasing knowledge of sports and activities.</p>	<p>performance. Again knowledge around set sports and activities will be developed and core and advanced skills put to the test. Fitness Levels will be tested again and all learners will identify their areas for physical development and will be challenged to work hard within these areas.</p>	<p>Understanding and respect for rules, regulations and competitors will be taught as will leadership qualities and tactical knowledge.</p>
Skills	<p>Rules/Regulations Spatial Awareness Hand Eye Coordination Control Power Endurance</p>	<p>Rules/Regulations Spatial Awareness Hand Eye Coordination Control Power Endurance</p>	<p>Rules/Regulations Control Hand Eye Coordination Acceleration Power Endurance Balance</p>	<p>Rules/Regulations Control Hand Eye Coordination Acceleration Power Endurance Balance</p>	<p>Rules/Regulations Hand Eye Coordination Speed Agility Balance Reaction Time Endurance</p>	<p>Rules/Regulations Hand Eye Coordination Speed Agility Balance Reaction Time Endurance</p>

<p>Assessments</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>	<p>Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using the KS3 Assessment Pack.</p>
<p>Enrichment</p>	<p>Extra Curricular Inter – form Competitions External Initiatives RSHS Leadership</p>					