



**SUBJECT: Physical Education, Sport & Dance**

<b>Year Group</b>	<b>Year 7</b>								
<b>Rationale</b>	‘Creating A Love For Physical Education’ - Building on previous 'physical' skills taught at key stage 2, learners will access a high-quality physical education curriculum that inspires pupils of all abilities to succeed and excel in physical activity. The curriculum will provide opportunities for pupils to improve physical confidence and mental confidence, through a broad range of physical activities. We aim to expose pupils to competitive situations in both team and individual activities, promote being physically active, build character and embedding core values.								
<b>Autumn Term 1 &amp; 2</b>			<b>Spring Term 1 &amp; 2</b>			<b>Summer Term 1 &amp; 2</b>			
<b>Topic/Unit</b>									
<b>Basketball</b> Ball handling Passing Dribbling Attack/ Defence	<b>Football</b> Short passes Dribbling Tackling	<b>Rugby</b> Carrying Passing Receiving Tackle (Front)	<b>Gymnastics</b> Physical skills & attributes Travelling (Ind) Balancing (Ind) Assisted balance Part weight balance	<b>Table Tennis</b> Attacking shots Defensive shots Serving	<b>Dance</b> Extension Coordination Stamina Strength Mental skills Technical skills	<b>Athletics – Track</b> Posture Leg Action Arm Action Relay Change	<b>Athletics – Field</b> Jump-Approach Take-Off Speed approach  Throws – Grip/Stance Throw action Movement transition	<b>Striking &amp; Fielding</b> Fielding Bowling Batting	
<b>Gymnastics</b> Physical skills & attributes Travelling (Ind) Balancing (Ind) Assisted balance Part weight balance	<b>Hockey</b> Push passes Receiving Dribbling Tackling	<b>Netball</b> Footwork Dodging Passing/Receiving Marking	<b>Dance</b> Extension Coordination Stamina Strength Mental skills Technical skills	<b>Football</b> Short passes Dribbling Tackling	<b>Trampoline</b> Shapes Twists Seat landings				
<b>Skills</b>	<ul style="list-style-type: none"> <li>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</li> <li>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</li> <li>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</li> <li>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</li> <li>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</li> <li>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</li> <li>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</li> </ul>								
<b>Assess-ments</b>	<ul style="list-style-type: none"> <li>Pupils will be assessed at the end of an activity (unit of work). The teacher will report a Head, Heart and Hands level in each activity.</li> <li>These pathways will be averaged and then contribute to their overall 'ME in PE' score. This will be compared to their target pathway to monitor progress.</li> <li>Pupils will also be given an AtL grade after each activity.</li> </ul>								
	<b>Head</b>  <b>Your knowledge and understanding in PE</b>  <ul style="list-style-type: none"> <li><b>Create &amp; Plan</b> – You create ideas and use this and devise tactics.</li> <li><b>Evaluate &amp; Analyse</b> – You identify strengths and weaknesses and suggest improvements.</li> </ul>			<b>Heart</b>  <b>Your awareness of fitness in PE</b>  <ul style="list-style-type: none"> <li><b>Assess &amp; Monitor</b> – You identify your current fitness levels and what you need to do to improve.</li> <li><b>Commit &amp; Improve</b> – You work hard and push yourself to improve fitness levels.</li> </ul>			<b>Hands</b>  <b>Your practical ability in PE</b>  <ul style="list-style-type: none"> <li><b>Acquire &amp; Develop</b> – You learn and improve skills in a variety of different activities.</li> <li><b>Select &amp; Apply</b> – You use the skills to impact performance in different situations.</li> </ul>		