



Physical Education Year 7 Long Term Plan

Rationale with end points: Year 7 is a follow on from the transition work completed in primary. This is the fundamental stage where students are integrated into expectations and routines within the PE department and PE curriculum. Students are introduced to the core values and skills which will run as a thread throughout their PE curriculum. Enjoyment and positive experiences are crucial at this stage, as this is the start line for developing good sporting habits. Basic skills are introduced across all sports, with the basic knowledge and understanding of rules etc. within each.

Term	Topic	Knowledge	Skills	Reading/Wider Reading
Autumn 1 Baseline testing & Invasion	PE fundamentals 1	Understand the importance of Agility within Physical Education and sport	Compete various agility tasks and show development and level of footwork Complete agility fitness testing	
	PE fundamentals 2	Understand the importance of Balance and coordination within Physical Education and sport	Compete various balance and coordination tasks and show development and level of footwork Complete balance and coordination fitness testing	
	Invasion	Understand the importance of various roles to gain an advantage over your opponent in attempt to outwit them	Writing Genre; Eatwell Plate	
	Gymnastics	Understand and perform the principles of balance, counter balance and rolls	Aesthetic appreciation of performance and routine 6 move routine with a clear start and finish	
	Invasion - Technique	Fundamental techniques/skills are developed in isolation - success criteria for technique is made explicit	Demonstrate fundamental sport/game skills in isolation	Physical Education Through Diagrams Book p.60: Benefits of Sport and Physical recreation



	Invasion - Technique and application into gameplay	Isolation skills are developed into competitive situations and are no longer a closed skill/technique		
	Invasion - Utilising space and positional play - Small sided games	Positions are introduced and specific roles are identified. Small sided games enable students to showcase their knowledge and ability to utilise and invade space appropriately to outwit their opponent.		
	Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position	
Autumn T2 Net/Wall	Introduction & basic technique	Setting up equipment effectively and safely Rules and technique. Forehand / backhand shot. Basic serve.		
	Technique Skills in Isolation	Fundamental technique split into 3 key success criteria. Forehand / backhand shot. Basic serve.		
	Technique Skills in Isolation	Fundamental technique split into 3 key success criteria. Forehand / backhand shot. Basic serve.	Writing Genre: Explore local clubs and centres and the types of sports/exercise/activities they have to offer.	
	Offensive & defensive play	Specific focus on strategy and technique of offensive and defence play/shots. Using forehand / backhand/ serves.	Gameplay	
	Shot selection to outwit opponent - match play	Development of a range of techniques that are used appropriately depending on	Gameplay	



		where the opponent is. Using forehand / backhand/ serves.		
	Monitor and evaluate performance (Assessment)	Evaluation of own and peer performance in relation to skills in isolation and competitive play		
	Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position	
Spring T1 Gymnastics	Safety & basic gymnastics	Safety procedures and basic fundamentals	Explore and create basic travel and shapes Balance/plank challenge introduced	
	Rolls/transitions	Forward/backward/cartwheel/teddyleg rolls Jumps/leaps/hops/turns	perform rolls and link using travel	BTEC Level 3 Book 1 p.98: Stretching and its benefits (Pupils to practise)
	Partner work to music Jumps	Jumps using small apparatus Paired work different levels	Writing Genre: Exercise Diary week 2 Plan create and perform to music	
	Balances and routines	Safety of performing & supporting balances Start/ finish position Know what the key words mean and how to apply: Control Body tension Mirror Cannon	Demonstrate fluency and control in short routines Demonstrate higher level of difficulty and fluency	
	Performances	Assess and review performances Feedback from evaluation	Peer and self-assessment reviews Perform sequences to an audience	



Spring T2 Invasion Games	Skills in isolation	Skills in isolation developed individually and in small groups Specific focus on 3 success criteria for each technique point		
	Small sided games	Skills in isolation to be transferred into competitive environment situations with pressure on the player and ball. Skills now to be performed in an open environment	Writing Genre: Pick one club in your local area and describe the different job roles within that club.	
	Utilising space and positional space - small sided games	Spacial awareness and positional play explained Specific roles of positions and formational play developed		
	Tactical and strategic play	Focus on strategies for offensive and defensive play/organisation		
	Monitor and evaluate performance (assessment)	Evaluation of own and peer performance in relation to skills in isolation and competitive play		



	Interform competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position	
Summer T1 Strike & field	Fielding	Basic fielding techniques are split into skills in isolation with a key focus on 3 success criteria	Complete a variety of fielding exercises in isolation with a level of fluidity	
	Bowling	Bowling for accuracy is introduced - skills in isolation develop into competitive games/skills		
	Batting	Batting with a specific focus on hitting straight Focus on skill in isolation with 3 success criteria based on the correct technique points	Writing Genre: Pick one club in your local area and describe the different job roles within that club.	
	Gameplay	Full Game play introduced with students implementing tactics and strategies to success in competition		Research task: What a no ball is in Rounder's and Cricket; using Internet
	Gameplay & formal assessment	Assessment week - competitive gameplay Students self and peer assessment		
	Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position	



Summer2 Athletics	Introduction and basic skills and technique for running (Sprinting)	Fundamental techniques of sprinting split into key success criteria	Complete various Sprint tasks and games showing development in technique.	
	Introduction and basic skills technique for Middle distance running (Pacing)	Fundamental technique of pacing split into key success criteria.	Complete various tasks and games showing development and knowledge in technique in pacing over a long distance.	
	Introduction and basic skills and technique for throwing and a throwing event	Understand and explain safety procedures of throwing. To know the basic fundamental 3 skill parts of throwing.	To demonstrate the key safety rules of throwing. To demonstrate the three fundamental elements of throwing. Writing Genre: Review of this year's content - Both Physical and theory What have you learnt this year? How have you improved? What are your targets for next year	Origin of the olympic games: https://www.history.com/topics/sports/olympic-games
	Basic technique and skill for a throwing event. Monitor and evaluation.	Evaluation of own and peer's performance of skill and technique.	Communication Analysis	
	Introduction and basic skills and technique for Jumping and a jumping event.	Understand and explain safety procedures of Jumping. To know the basic fundamental 3 skill parts of the Jumping.	To demonstrate the key safety rules of throwing. To demonstrate the three fundamental elements of jumping.	
	Introduction and basic skills and technique for a Jumping event. Monitoring and Evaluating	Evaluation of own and peer's performance of skill and technique.	Communication Analysis	
	Interform Competition	Application of skills and techniques	Performing skills correctly with confidence	



	SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence	
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