

Subject Yearly Overview 2025 - 2026

Subject: Year 7 PE	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	Health Related Fitness	Understand the impacts of exercise on the body, from raising heart rate and change in body temperature. Explore methods of training from circuit training to interval training.	Get a baseline assessment of student's physical capabilities and fitness levels. Get the pupils active after 6 weeks off – introduction and development of pupil knowledge.
Autumn 2	Volleyball	Develop basic, such as set, dig and serve, required to maintain a rally in volleyball. Identify some rules when playing games of volleyball.	Apply teamwork and communication in a different sport.
Spring 1	Basketball	Identify and develop key skills to be successful when playing basketball e.g. passing (range of passes), dribbling and shooting. Understand some rules when playing games of basketball e.g. double dribble, fouls and travelling.	Changed to Autumn 2 as we lost a lot of PE lesson (basketball) due to the exams being in the hall. Gym will be cold so need to keep the pupils active – using and developing basic skills of basketball. Apply teamwork skills in a team sport.
Spring 2	Table Tennis	Pupils will replicate the core skills necessary to outwit opponents with limited time to react, how to use basic principles of attack to produce successful outcomes. Pupil should begin to accurately score and officiate table tennis games.	To encourage students to learn skills, rules and tactics to outwit an opponent.
Summer 1	Football	Explore the core skills used in football e.g. passing, dribbling, shooting and movement. Begin to develop confidence in performing these in small sided games and isolated activities. Begin to understand the basic rules of gameplay, using conditioned matches.	Activity can be taught inside or out depending on exams / weather. Apply and further develop teamwork skills.

Summer 2	Striking and Fielding / Athletics / Badminton	Develop basic knowledge of cricket and improve bowling skills to bowl to a batter correctly. Explore a range of athletic event such as high jump, sprinting, shot putt and relay. Bad: Pupils will focus on how to use basic principles of attack and defence to plan strategies and tactics for badminton. Pupils will replicate the core skills necessary to outwit opponents with increasing pressure. To develop physical literacy. Pupil should begin to accurately score and officiate mini badminton games.	Change of weather and the ability to work outside more often. Apply range of physical skills developed in the year to perform in athletic events.
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