

**Year 7 Curriculum Overview 2022-2023**  
**Subject – Physical Education**

Autumn Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities	
	Composites	Components  [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
HT1	Assessment period for both girls and boys  Pupils' entry level will be established, and their starting point assessed in the following activity areas: <ul style="list-style-type: none"> <li>• Games:               <ol style="list-style-type: none"> <li>1. Invasion</li> <li>2. Net – Wall</li> <li>3. Striking and Feilding</li> </ol> </li> <li>• Gymnastics</li> <li>• Health Related Exercise (HRE)</li> <li>• Athletics</li> </ul>			Competitive game play in small sided games  Correct exercise preparation  Rules and regulations of a game  Health and Safety awareness of equipment use and misuse	Key Words; <ul style="list-style-type: none"> <li>✓ Invasion</li> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Competitive</li> <li>✓ Cooperative</li> </ul>	Initiative  Teamwork	Individual physical skills
					Key Words: <ul style="list-style-type: none"> <li>✓ Apparatus</li> <li>✓ Agility</li> <li>✓ Balance</li> <li>✓ Coordination</li> </ul>		Create a sequence using apparatus
					Key Words; <ul style="list-style-type: none"> <li>✓ Rally</li> <li>✓ Manipulate</li> <li>✓ Reactive</li> <li>✓ Net - wall</li> </ul>		Review own and others performance  Individual game specific skills  Play competitive and cooperative small sided games
HT2	Games: Adapted and Conditioned INVASION GAMES (Netball, Lacrosse, Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Attacking and Defending</li> <li>4. Rule application</li> </ol>	Competitive game play in small sided games  Correct exercise preparation	Key Words; <ul style="list-style-type: none"> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Counterattack</li> <li>✓ Competitive</li> <li>✓ Cooperative</li> </ul>		Individual physical skills  Performance in small sided games; adapted, or conditioned games	

			Rules and regulations of a game		Learning by experience through trial and Error learning	
OAA: Complete adapted Orienteering courses	<ol style="list-style-type: none"> <li>1. Course familiarisation and completion</li> <li>2. Map reading</li> <li>3. Route identification</li> </ol>	Health and Safety awareness of equipment use and misuse	Key Words: <ul style="list-style-type: none"> <li>✓ Route</li> <li>✓ Terrain</li> <li>✓ Endurance / Stamina</li> <li>✓ Retrieve</li> </ul>	Completion of short and star courses		
HRE: Create own circuits / complete fitness tests / experiment with different types of fitness exercises	<ol style="list-style-type: none"> <li>1. Fitness testing methods</li> <li>2. Circuit construction</li> </ol>		Key Words: <ul style="list-style-type: none"> <li>✓ Musculoskeletal</li> <li>✓ Cardiorespiratory</li> <li>✓ Endurance / Stamina</li> <li>✓ Component</li> <li>✓ Adaption</li> </ul>	Retrieve and record controls accurately		
						Create and complete own fitness circuit Record test results accurately

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Spring Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components  [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
<b>HT3</b>	Small sided game play in NET/WALL games: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> <li>1. Initiate play through service</li> <li>2. Maintain a rally through shot selection</li> <li>3. Manipulate an opponent to win</li> <li>4. Apply rules</li> </ol>	Competitive game play in small sided games  Correct exercise preparation  Rules and regulations of a game  Health and Safety awareness of equipment use and misuse	Key Words; ✓ Rally ✓ Manipulate ✓ Let ✓ Positional ✓ Reactive	Self reflection	Individual game specific skills  Play competitive and cooperative small sided games
	Games: Adapted and Conditioned INVASION GAMES (Lacrosse, Netball Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>5. Passing and Receiving</li> <li>6. Shooting to a target</li> <li>7. Attacking and Defending</li> <li>8. Rule application</li> </ol>		✓ Send and Receive ✓ Attack and Defence ✓ Counterattack ✓ Competitive ✓ Cooperative		Individual physical skills  Performance in small sided games; adapted, or conditioned games
	HRE: Create own circuits and complete fitness tests	<ol style="list-style-type: none"> <li>1. Fitness testing methods</li> <li>2. Circuit construction</li> </ol>		Key Words: ✓ Musculoskeletal ✓ Cardiorespiratory ✓ Endurance ✓ Component Adaption		Create and complete own fitness circuit Record test results accurately
<b>HT4</b>	Small sided game play in NET/WALL games: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> <li>1. Initiate play through service</li> <li>2. Maintain a rally through shot selection</li> <li>3. Manipulate an opponent to win</li> <li>4. Apply rules</li> </ol>	Competitive game play in small sided games  Correct exercise preparation	Key Words; ✓ Rally ✓ Manipulate ✓ Let ✓ Positional ✓ Reactive	Communication	Individual game specific skills  Play competitive and cooperative small sided games

	Gymnastics: Experimenting with apparatus	<ol style="list-style-type: none"> <li>1. Gymnastic themes</li> <li>2. Safe equipment set up</li> <li>3. Travel on and off equipment at height</li> </ol>	<p>Rules and regulations of a game</p> <p>Health and Safety awareness of equipment use and misuse</p>	<p>Key Words:</p> <ul style="list-style-type: none"> <li>✓ Apparatus</li> <li>✓ Vault</li> <li>✓ Balance</li> <li>✓ Agility</li> <li>✓ Coordination</li> </ul>		<p>Create a sequence using apparatus</p> <p>Review own and others performance</p>
	Games: Adapted and Conditioned INVASION GAMES (Netball, Lacrosse, Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Attacking and Defending</li> <li>4. Rule application</li> </ol>		<ul style="list-style-type: none"> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Counterattack</li> <li>✓ Competitive</li> <li>✓ Cooperative</li> </ul>		<p>Individual physical skills</p> <p>Performance in small sided games; adapted, or conditioned games</p>

**Yr7 Written Assessment March 2023:**

Composites: Key words and definitions / Human bones and muscles / Nutrition / Components of Fitness

Components:

- a. Competitive / Stamina / Agility / Coordination / Skill / Balance / Musculoskeletal / Cardiorespiratory / Cooperation / Ability
- b. Identification and location of muscle and bones
- c. Fats, carbohydrates and protein
- d. Aerobic endurance (stamina) / Muscular endurance / Flexibility/ Speed / Strength/Power/ Body composition

Literacy: Retrieval of key words and definitions. Written, spelt, and used in pe and sporting context

Assessment: written test paper ACT grading applied

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<b>HT5</b>	Experiment with outdoor running, jumping and throwing events	<ol style="list-style-type: none"> <li>1. High, long and triple jump</li> <li>2. Short distance and relay running</li> <li>3. Javelin and Shot Putt</li> </ol>	Competitive game play in small sided games  Correct exercise preparation  Rules and regulations of a game	Key Words: <ul style="list-style-type: none"> <li>✓ Personal Best</li> <li>✓ Stamina</li> <li>✓ Strength</li> <li>✓ Speed</li> <li>✓ Agility</li> <li>✓ Balance</li> <li>✓ Coordination</li> <li>✓ Competitiveness</li> </ul>	Using initiative – thinking on your feet	Individual physical skills performed in three athletics categories
<b>HT6</b>	Adapted and conditioned play in Striking and Feilding Games (Cricket <ol style="list-style-type: none"> <li>a. Rounders</li> <li>b. Longball</li> <li>c. Softball</li> <li>d. Kickball (LA)</li> </ol>	<ol style="list-style-type: none"> <li>1. Sending and receiving</li> <li>2. Striking and retrieval</li> <li>3. Rule application</li> </ol>	Health and Safety awareness of equipment use and misuse	Key words: <ul style="list-style-type: none"> <li>✓ Spatial Awareness</li> <li>✓ Co-ordination</li> <li>✓ Retrieval</li> <li>✓ Agility</li> </ul>		Individual physical skills  Performance in small sided games; adapted, or conditioned games

Weather Conditions and the curriculum:

When weather disrupts the curriculum, alternative activities will be delivered. However, staff will make every effort to ensure the curriculum is maintained. Pupil safety and comfort will be paramount when staff make decisions re: inclement weather.

Rotations of activities:

Due to facilities and class sizes, activities will be rotated to allow both indoor and outdoor sports to be delivered alongside seasonal sports which correlate to the boroughs sporting competition calendar