

Year 7 Curriculum Overview 2021 2022
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"> • Games: <ol style="list-style-type: none"> 1. Invasion 2. Net – Wall 3. Striking and Feilding • Gymnastics • Health Related Exercise (HRE) • Athletics 			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; ✓ Invasion ✓ Send and Receive ✓ Attack and Defence ✓ Competitive ✓ Cooperative	Initiative Teamwork	Individual physical skills
					Key Words: ✓ Apparatus ✓ Agility ✓ Balance ✓ Coordination		Create a sequence using apparatus
					Key Words; ✓ Rally ✓ Manipulate ✓ Reactive ✓ Net - wall		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"> 1. Passing and Receiving 2. Shooting to a target 3. Attacking and Defending 4. Rule application 	Competitive game play in small sided games Correct exercise preparation	Key Words; ✓ Send and Receive ✓ Attack and Defence ✓ Counterattack ✓ Competitive ✓ Cooperative		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"> 1. Course familiarisation and completion 2. Map reading 3. Route identification 	Health and Safety awareness of equipment use and misuse	Key Words: <ul style="list-style-type: none"> ✓ Route ✓ Terrain ✓ Endurance / Stamina ✓ Retrieve 	Completion of short and star courses		
HRE: Create own circuits and complete fitness tests	<ol style="list-style-type: none"> 1. Fitness testing methods 2. Circuit construction 		Key Words: <ul style="list-style-type: none"> ✓ Musculoskeletal ✓ Cardiorespiratory ✓ Endurance / Stamina ✓ Component ✓ Adaption 	Retrieve and record controls accurately		
						Create and complete own fitness circuit Record test results accurately

Year 7 Curriculum Overview [2021 - 2022]

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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]			
HT3	Small sided game play in NET/WALL games: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> 1. Initiate play through service 2. Maintain a rally through shot selection 3. Manipulate an opponent to win 4. Apply rules 	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"> 5. Passing and Receiving 6. Shooting to a target 7. Attacking and Defending 8. Rule application 		✓ 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"> 1. Fitness testing methods 2. Circuit construction 		Key Words: ✓ Musculoskeletal ✓ Cardiorespiratory ✓ Endurance ✓ Component Adaption		Create and complete own fitness circuit Record test results accurately
HT4	Small sided game play in NET/WALL games: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> 1. Initiate play through service 2. Maintain a rally through shot selection 3. Manipulate an opponent to win 4. Apply rules 	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

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

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