

## YEAR 7 CURRICULUM PLAN FOR PHYSICAL EDUCATION - Creating a love for Physical Education



TOPIC	KEY LEARNING	ASSESSMENT
Volleyball	<ul style="list-style-type: none"> <li>• Introduce how and why to warm-up, Ball familiarisation – introduction to volley shot</li> <li>• Defending shot, introduction of the dig</li> <li>• Introduction to underarm serve</li> <li>• Attacking – into space/ corners</li> <li>• Small sided games – rules/ tactics</li> <li>• Games including assessments</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Trampolining	<ul style="list-style-type: none"> <li>• Health and safety – trampolining, controlled stopping</li> <li>• Introduce seat landing</li> <li>• Introduce shapes – tuck, straddle pike and develop moves into a routine</li> <li>• Recap on seat landing – introduce seat with twist</li> <li>• Recap seat with half twist, introduce swivel hips</li> <li>• Assess mini routine</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Rugby	<ul style="list-style-type: none"> <li>• Understand how and why to warm up</li> <li>• Ball Familiarisation – To be able to perform fundamental rugby handling skills.</li> <li>• Learn about different types of passes and how to receive</li> <li>• Understand overload and the use of width when attacking</li> <li>• Introduce correct tackling technique</li> <li>• Use a range of tactics and strategies to outwit opponents</li> <li>• Play small-sided games for assessment</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Badminton	<ul style="list-style-type: none"> <li>• Understand and develop the correct grip on the racket and flight of the shuttle</li> <li>• Develop drop shot to outwit opponent</li> <li>• Develop serve both short and long and understand rules and court dimensions</li> <li>• Develop underarm clear</li> <li>• Develop overhead clear</li> <li>• Develop skills to outwit opponents in a game situation</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Football	<ul style="list-style-type: none"> <li>• Understand how and why to warm up</li> <li>• Ball familiarisation</li> <li>• Passing and receiving</li> <li>• Dribbling techniques</li> <li>• Develop shooting techniques</li> <li>• Small-sided games</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p>

	<ul style="list-style-type: none"> <li>• Introduction to rules of play</li> </ul>	Summative assessment through Department's Head, Heart, Hands success criteria.
Netball	<ul style="list-style-type: none"> <li>• Understand how and why to warm up</li> <li>• Range of passes (chest/shoulder/bounce/overhead)</li> <li>• Movement/ footwork</li> <li>• Attacking/ dodging/shooting</li> <li>• Defending / marking player and shot</li> <li>• Games looking at positions, rules and tactics</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Athletics	<ul style="list-style-type: none"> <li>• Introduce health and safety of throwing events.</li> <li>• Develop specific warm-ups for the different disciplines</li> <li>• Learn the different disciplines of athletics, including shot, javelin, discus, sprints, middle distance and jumps</li> <li>• Learn basic baton passing technique</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment/ times, scores, comparison against others.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Cricket	<ul style="list-style-type: none"> <li>• Ball familiarisation, overarm, underarm throwing and catching</li> <li>• Introduce basic bowling and batting actions</li> <li>• Developing accuracy in fielding skills; Short barrier, long barrier</li> <li>• Understand the basic rules of the game</li> <li>• Batting, front foot – back foot shot</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
OAA	<ul style="list-style-type: none"> <li>• Introduction to health and safety and what is OAA</li> <li>• Introduce the link between Problem Solving and Teamwork – Pacing</li> <li>• Introduce the link between Problem Solving and Trust – Memory Task</li> <li>• Introduce the link between Problem Solving and Communication</li> <li>• Understand Basic Map Work</li> <li>• Introduce Team Building skills</li> </ul> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>

Dance	<ul style="list-style-type: none"> <li>• Develop warming up for dance</li> <li>• Introduction to dance</li> <li>• Use of beats and how to count</li> <li>• Teach set phrase</li> <li>• Develop dance with use or unison, canon</li> <li>• Performance – evaluate own and other’s pieces</li> </ul>	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment.</p> <p>Summative assessment through Department’s Head, Heart, Hands success criteria.</p>
<p>Pupils arrive at Saint Bedes with a varied experience of Physical Education and School Sport. Therefore, it is important that we equip all pupils with the necessary skills and movement vocabulary to experience success through sport at a variety of levels. Year 7 is also an opportunity to further enhance more able pupil’s knowledge and understanding and not to simply recap what has already been learnt. In Year 7 there is a big focus on creating a Love for Physical Education as this will provide a solid foundation for the rest of the Key Stage. This is achieved through pupils following a rich diet of different sporting activities, encouraging further attendance at a wide range of extra- curricular sports clubs and providing access to competition beyond the school day. We also focus on pupils becoming Comfortable in Possession to Outwit Opponents in any sports that we cover. The Year 7 curriculum aims to equip pupils with the confidence and skills needed across a range of sports to retain possession as an individual. As well as introducing pupils to small sided variations of sports and the rules of competition.</p> <p>Pupils’ ability to achieve in PE is related to not only their physical ability but mental capacity and emotional understanding.</p> <p>These are within the 3 pillars of progression stated in the National Curriculum.</p> <p>These are Motor Competence, which we call ‘Hands’, Rules, Strategies and Tactics, which we call ‘Head’ and Healthy Participation which we call ‘Heart’.</p> <p>Competitive fixtures in intra-school and inter-school, school clubs and external clubs promoted for lifelong sports.</p> <p>Pathways to grass root teams</p> <p>Activities include:</p> <p>Netball, Volleyball, Athletics, Trampolining, Football, Rounders, Badminton, Cricket, Tennis, Indoor Cricket, Cross-County, Rugby, Handball, Dance</p>		