



Year 7 PE - Core

Students in Year 7 study an inclusive spiral curriculum through a range of team and individual games as well as performance based activities on a rotation (based around facilities). Some activities provide opportunities to build on prior learning from KS2 (e.g. netball, football) whilst some activities introduce students to developing new skills and knowledge (e.g. handball). Learning is focused on developing basic skills and knowledge of the main rules and/or tier 3 words about the activity, applying them in competitive situations (e.g. a 5-a-side game, a 100m race).

Methods of deepening and securing knowledge:	
Retrieval practice	Regular retrieval tasks are used at the start of lessons to support students in learning key rules and tier 3 words relating to the activity they are studying.
Spaced practice	Some retrieval tasks are spaced over time to support students in recognising links/key learning between two or more activities e.g. similar rules in football and hockey, similarities in catching technique in netball, rugby, handball, cricket and rounders.
Dual coding	Dual coding techniques used for some activities to help students remember key shapes (e.g. jumps, rolls and balances in gymnastics).

Autumn - Spring Terms			
Activity	Year 7	Assessment	
Football	<ul style="list-style-type: none"> - Basic ball control - Receiving (D foot) - Short passing (D foot) - Dribbling (D foot) - Block tackle 	<ul style="list-style-type: none"> - Shooting - Basic rules e.g. start/restart of play, scoring, ball out of play - Basic attacking and defending in a small-sided game 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Football knowledge quiz
Handball	<ul style="list-style-type: none"> - Basic ball handling - Catching and making a target (front position) - Basic passing (shoulder/bounce) - Basic dribbling - Basic tackling 	<ul style="list-style-type: none"> - Shooting (standing shot) - Basic rules e.g. scoring, start/restart, 3 steps, sideline - Basic attacking and defending in small-sided games 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Handball knowledge quiz

Hockey	<ul style="list-style-type: none"> - Grip (open and reverse stick) - Receiving (stationary, open side) - Passing (push) - Dribbling (open side) - Block tackling 	<ul style="list-style-type: none"> - Basic rules e.g. start/restart of play, scoring, ball out of play, self-pass rule - Basic attacking and defending in a small-sided game 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Hockey knowledge quiz
Netball	<ul style="list-style-type: none"> - Catching (two-handed) - Basic passing (chest, shoulder, bounce) - Basic footwork - Basic dodging (single) - Marking off the ball 	<ul style="list-style-type: none"> - Basic shooting (close range) - Basic rules e.g. start/restart of play, scoring, footwork, ball out of court - Basic positions and who they mark in a game - High 5 leading to 7-a-side games 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Netball knowledge quiz
Rugby	<ul style="list-style-type: none"> - Catching and ball handling - Basic passing (short, push) - Passing backwards - Running with the ball - Scoring a try - Basic tackling (front and side) - 1v1 attack 	<ul style="list-style-type: none"> - Tower of power body position - Basic rules e.g. start/restart, scoring, ball out of play, forward pass, offside line - Basic attacking and defending in a small-sided game 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Rugby knowledge quiz
Badminton	<ul style="list-style-type: none"> - Grips (forehand, backhand) - Basic serving (backhand/forehand low serve) - Net shot (forehand, backhand) 	<ul style="list-style-type: none"> - Basic overhead hitting action (forehand) - Basic rules e.g. scoring, serving, shuttle out of court - Half-court singles games 	<ul style="list-style-type: none"> - Perform skills and apply rules in singles games (teacher/peer) - Learning journal (self) - Year 7 Badminton knowledge quiz
Fitness	<p>Methods of training:</p> <ul style="list-style-type: none"> - Continuous training (cardiovascular endurance) - Interval training (speed) - Circuit training (muscular endurance) 	<ul style="list-style-type: none"> - Weight training (muscular strength) - Plyometrics (power) - Stretching (flexibility) - Designing a fitness training session 	<ul style="list-style-type: none"> - Fitness training session design and performance in training sessions (teacher) - Learning journal (self) - Year 7 Fitness knowledge quiz

Gymnastics	<ul style="list-style-type: none"> - Travelling and basic agilities e.g. bunny hop, leapfrog - Balances (point, patch) - Shapes and jumps using floor and small apparatus (straight, tuck, 180° turn) 	<ul style="list-style-type: none"> - Rolls (log, teddy bear, forwards) - Developing sequences using body parts, levels and pathways - Use of floor and basic apparatus to adapt sequence 	<ul style="list-style-type: none"> - Solo performance on floor/using apparatus (teacher/peer) - Learning journal (self) - Year 7 Gymnastics knowledge quiz
Summer term			
Athletics	<ul style="list-style-type: none"> - Basic sprint technique (100m) - Pacing for distance running (800m) - Long jump (short run up) - High jump (scissors) 	<ul style="list-style-type: none"> - Shot put (standing throw) - Javelin (standing throw) - Basic relay changeover technique (upsweep, downsweep) - Performance in competitions 	<ul style="list-style-type: none"> - Performance and time/distance results in competition (teacher) - Learning journal (self) - Year 7 Athletics knowledge quiz
Cricket	<ul style="list-style-type: none"> - Catching (close, 2 hands) - Underarm throwing (close) - Throwing to hit the stumps - Two handed pick up - Basic batting grip and technique (front foot drive) 	<ul style="list-style-type: none"> - Basic bowling technique (standing, line) - Basic rules e.g. scoring runs, getting out - Basic fielding and batting tactics in small-sided games e.g. diamond, pairs 6-a-side 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Cricket knowledge quiz
Rounders	<ul style="list-style-type: none"> - Catching (close, 2 hands) - Underarm throwing (close) - Basic bowling technique (good ball) - Long barrier - Stumping a post 	<ul style="list-style-type: none"> - Basic batting stance, grip and technique - Basic rules e.g. scoring, getting out - Basic fielding and batting in games e.g 6/9 a-side 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 7 Rounders knowledge quiz