

Year 7 PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn		<ul style="list-style-type: none"> • Can you demonstrate a basic level of fundamental skills and fitness across a variety of sporting settings? • Can you select and apply a basic range of passing and receiving skills in hockey in a small sided game? • Can you select and apply a basic range of passing and receiving skills in Netball in a small sided game? • Do you understand what different types of fitness there are and how to test and review your own levels of fitness? 	<p>Induction:</p> <ul style="list-style-type: none"> • Introduction to: <ul style="list-style-type: none"> • Net/Racket Sports Principles • Striking & Fielding principles • Invasion game Principles • Health & Fitness Testing <p>Hockey:</p> <ul style="list-style-type: none"> • Grip and stance in holding a hockey stick • Open Stick Dribbling • Reverse Stick Dribbling • Push Passing • Receiving and trapping a moving ball • Application of skills in small sided games. • Knowledge & Understanding of the Rules of Hockey <p>Netball:</p> <ul style="list-style-type: none"> • Footwork (Pivot and Landing Foot) • 3 types of pass (Chest, Shoulder and overhead) • Basic marking and evading skills. • Application of skills in small sided games. • Knowledge & Understanding of the Rules of Netball <p>Gymnastics:</p> <ul style="list-style-type: none"> • Body tension and Extension • Rolls & Turns • Jumps & Leaps • The Foundation Shapes 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> • Acquire & develop core technical physical skills • Select & apply appropriate technical & tactical skills into match play • Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: <ul style="list-style-type: none"> • Scoring systems in the sport they are studying • Key terminology used within a sport • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p>

	<ul style="list-style-type: none"> • Can you perform the basic range of gymnastic movements and apply within a short sequence? 	Football: <ul style="list-style-type: none"> • Passing using both sides of the foot • Stopping and trapping the ball • Jockeying • Basic Tackling • Application of skills in small sided games. • Knowledge & Understanding of the Rules of Football 	<ul style="list-style-type: none"> • For AP1 students will receive one amalgamated grade. The AP1 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas they have studied fully up to the assessment point. In Year 7 students can access the full range of marks up to 20 based on the individual sporting assessment criteria.
Spring	<ul style="list-style-type: none"> • Can you select and apply a basic range of passing and receiving skills in Football in a small sided game? • Do you understand the four founding principles behind all Dances? • Can you maintain a cooperative rally of basic strokes in table tennis? • Can you select and apply the three basic passing shots in Volleyball and apply in a small sided situation? 	Dance: <ul style="list-style-type: none"> • Learn a set Motif using the theme from Bollywood which includes the principles of: <ul style="list-style-type: none"> • Actions • Space • Dynamics • Relationships • Motif Creation Tag Rugby <ul style="list-style-type: none"> • Passing • Attacking principles • Defending principles • Application of skills in small sided games Table Tennis: <ul style="list-style-type: none"> • Hand Eye Coordination Skills • Grip and Footwork • Basic Push Return (Forehand & Backhand) • Push Serve • Understanding of the rules of Table Tennis Volleyball: <ul style="list-style-type: none"> • Fundamentals of Height & Time • The Set • The Dig 	Knowledge & Understanding: <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> • Acquire & develop core technical physical skills • Select & apply appropriate technical & tactical skills into match play • Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports • Be able to provide constructive and appropriate feedback on their own or another's' performance. Skills: <ul style="list-style-type: none"> • Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: <ul style="list-style-type: none"> • Scoring systems in the sport they are studying • Key terminology used within a sport • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations

			<ul style="list-style-type: none"> • The Underarm Serve • Application of skills in small sided games. • Knowledge & Understanding of the Rules of Volleyball 	<ul style="list-style-type: none"> • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • For AP2 students will receive one amalgamated grade which includes data from AP1. The AP2 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas they have studied fully up to the assessment point. In Year 7 students can access the full range of marks up to 20 based on the individual sporting assessment criteria which is shared with students throughout the unit of work.
Summer			<p>Tennis:</p> <ul style="list-style-type: none"> • Hand Eye Coordination Skills • Grip & Stance 'The Ready position' • One of the Four Basic Principles: 'In and Over' • Cardio tennis • Understanding of the rules & scoring of Tennis <p>Athletics:</p> <ul style="list-style-type: none"> • An introduction to: • Middle Distance Events (1500m) • Sprinting (100m/200m) • Throwing Events (Discus/Javelin) • Jumping Events (Long Jump/High Jump) • Understand the rules and measuring of different athletic events <p>Rounders:</p> <ul style="list-style-type: none"> • Fielding Skills (long and short barriers) • Bowling • Overarm and underarm throwing • Batting principles 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Select & apply appropriate technical & tactical skills into match play • Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: • Scoring systems in the sport they are studying • Key terminology used within a sport

			<ul style="list-style-type: none"> • Understand the rules and scoring of rounders <p>Cricket:</p> <ul style="list-style-type: none"> • Fielding Skills (pick up and retrieval) • Overarm throwing • Bowling • Basic batting stance & grip • Stumping • Adapted Games (Kwik & Diamond Cricket) • Understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> • Awareness of the physical fitness levels required to benefit performance within a sport • Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • For AP3 students will receive one amalgamated grade which includes data from all activities they have taken part in so far this year. The AP3 grade will be an average mark out of 20 for their development of knowledge & understanding across the subject areas they have studied fully up to the assessment point. In Year 9 students can access the full range of marks up to 20 based on the individual sporting assessment criteria which is shared with students throughout the unit of work.
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