

Physical Education

Year 7

Curriculum Overview

Intent:

By the end of year 7, students will understand a variety of skills, techniques, and rules in several sports. Students will know and understand why the respective rules are in place. They will have been physically active during all Physical Education lessons and be able to demonstrate how to apply skills and techniques during closed skill practices and small sided competitive situations. Students will know why these skills and techniques are used and in which situations. They will be able to lead some stages of a warm-up to small groups and explain its purpose. Students will be able to analyse their own performance and know how to improve their future performance.



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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Assessment 1			Assessment 2		
<p>Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.</p>	<p>The sporting activities below are on a rotation and so students will cover each topic during a block of time between Autumn 1 and the end of spring 2.</p> <ul style="list-style-type: none"> Rugby/football Netball Gymnastics Health Related fitness Tennis 			<p>During this time our students will cover the following activities</p> <ul style="list-style-type: none"> Cricket Rounders Athletics 		
<p>Additional support links: Here are links to additional resources which will help your child</p>	<p>www.thefa.com www.englandrugby.com</p>	<p>www.british-gymnastics.org.uk www.lta.org.uk</p>	<p>https://www.bbc.co.uk/sport/get-inspired</p>	<p>www.ecb.co.uk www.roundersengland.co.uk</p>	<p>www.thebritishathletics.org.uk</p>	
<p>Knowledge: Included here is the specific knowledge your child will learn in detail</p>	<p>Rugby/Football/Netball Students will be able to develop knowledge and understanding of basic skills. They will learn the basic tactics and positional play and identify opportunities to demonstrate these within a game.</p> <p>Gymnastics Students will be able to use creativity to develop/choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.</p> <p>Health Related Fitness Students will be able to develop knowledge and understanding of the components of fitness by describing – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, flexibility. They will learn the key stages of a warm-up, cool down, stretches. Students will be able to describe the long and short-term effects of exercise on the body.</p> <p>Tennis To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities. Whilst developing knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.</p>			<p>Cricket & Rounders Students will be able to develop knowledge and understanding of basic skills.</p> <p>They will develop knowledge and understanding of basic tactics and positional play (fielding and directional hitting) and identify opportunities to demonstrate these within a game.</p> <p>Athletics Students will be able to develop knowledge and understanding of the correct techniques and how to perform with (accuracy and consistency), they will develop knowledge of rules and regulations (as set out by the respective NGB) of all athletics events.</p> <p>They will develop their knowledge and understanding of the factors that affect performance in these events and be able to describe these.</p>		
<p>Skills: Included here is the specific skills your child will learn in detail</p>	<p>Rugby/Football/Netball Students will recognise and demonstrate techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities, Whilst developing their performance of the basic skills of passing, shooting, footwork, turning, dribbling and ball control.</p> <p>Gymnastics Students will be able to develop sequences based on travel using different parts of the body, level and speed working both independently and in groups.</p> <p>Health Related Fitness Students will be able to demonstrate the 3 parts of a warm up.</p> <p>Tennis Students will be able to develop performance of the basic skills of serving, forehand and backhand</p>			<p>Cricket & Rounders Students will be able to demonstrate with (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities. They will develop performance of the basic skills of fielding, throwing, catching, batting and bowling.</p> <p>Athletics Students will be able to demonstrate the basic techniques with (accuracy and consistency) and carry out the correct rules and regulations (as set out by the respective NGB) of all athletics events. Students will be able to develop their performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.</p>		
<p>Common Lexicon: These are the key words and terms learnt. These can be found on knowledge organisers.</p>	<p>Rugby Lateral pass, switch pass, miss pass; Side/front/rear tackle (cheek-to-cheek, ring of steel); Punt kick, place kick, grubber kick; Scrum, maul, ruck, forward pass, knock-on, offside, body position, attacking line, defensive line.</p> <p>Football Passing (instep, laces), heading, shooting, tackling (slide and block), dribbling (Cruyff turn, step-overs, drag-backs), free-kick, penalty, yellow and red cards.</p> <p>Netball Passing (chest, bounce, shoulder), footwork (pivot, jump-step), Positions on the court.</p> <p>Health related Fitness Components of fitness (speed, aerobic endurance, muscular endurance, muscular strength, flexibility, power), Fitness tests (cooper run, 35m sprint, Illinois agility test, grip dynamometer, sit and reach) Max heart rate.</p> <p>Gymnastics Travelling, balances (single and partner), sequences, routines, body posture and tension, handstand, cartwheel, aesthetics.</p> <p>Tennis Serve (ace, kick, slice), forehand, backhand, volley, smash, lob, drop shot, double-fault, ball toss, return, top spin, court markings.</p>			<p>Cricket Batting (forward defence, forward drive, square cut, pull shot, sweep shot), Bowling (over-arm technique, pace, spin, grip and seam position), Fielding (catching technique – fingers point up or down depending on height of the ball), long barrier, two-handed pick-up, Umpire signals.</p> <p>Rounders Batting (hand-eye coordination, shot placement), Fielding (positions – bases and back-stop, catching technique), Bowling (under-arm, between batters' knee and head).</p> <p>Athletics Events – Track (100m, 200m, 800m, 1500m), Field (shot-put, javelin, long jump, discus), personal best, pacing, drive-phase.</p>		