

Year 7 (Introductory) Curriculum Overview Plan: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Theme: Badminton, Rugby Football, Gymnastics, Table Tennis</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Badminton – basic grip of the racquet, basic serving, basic forehand and backhand, overhead shots, perform a small rally. Rugby League – basic passing, front tackling, playing the ball, basic outwitting opponents, basic kicking Football – basic control, dribbling,</p>	<p>Key Theme: Badminton, Rugby Football, Gymnastics, Table Tennis</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Badminton – basic grip of the racquet, basic serving, basic forehand and backhand, overhead shots, perform a small rally. Rugby League – basic passing, front tackling, playing the ball, basic outwitting opponents, basic kicking Football – basic control, dribbling,</p>	<p>Key Theme: Basketball, Fitness Testing, Trampolining, Rugby, Football</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Basketball – Basic ball control and handling, basic types of passing, standing set shot, basic dribbling, intercepting ball, Fitness Testing – Safety when exercising, short term effects of exercise, recording results, basic understanding of</p>	<p>Key Theme: Rugby Union, Orienteering, Fitness Testing, Basketball</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Rugby League – differences in rugby league and rugby union, basic rucking, basic mauling, standing lineouts, Orienteering – Basic map orientation, using key features of a map, using symbols to navigate a map, pacing Basketball – Basic ball control and handling, basic types</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Athletics – Basic techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high jump, basic techniques and times for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Ba seball – basic bowling techniques, basic</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Demonstration of basic skills in sports and activities. Athletics – Basic techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high jump, basic techniques and times for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Ba seball – basic bowling techniques, basic</p>

<p>passing, intercepting, shooting Table tennis – basic forehand push shot, basic serve, basic backhand push shot, perform a short rally Gymnastics – Basic travels, rolls, travelling, basic balances, partner balances, basic use of apparatus, simple routines</p> <p>3 stages of a warm-up Q-What is a pulse raiser Q-Why is it important Q-Identify 6 stretches Q-What is mobilisation Q-Why do we mobilise</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from</p>	<p>passing, intercepting, shooting Table tennis – basic forehand push shot, basic serve, basic backhand push shot, perform a short rally Gymnastics – Basic travels, rolls, travelling, basic balances, partner balances, basic use of apparatus, simple routines</p> <p>Leading a Warm Up Q-Identify examples of pulse raiser Q-Demonstrate a paired warm-up Q-Discuss leadership qualities</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities,</p>	<p>heart rate, methods of training – continuous, circuit, Rugby League – basic passing, front tackling, playing the ball, basic outwitting opponents, basic kicking Football – basic control, dribbling, passing, intercepting, shooting Trampolining – health and safety around a trampoline, basic shapes, basic seat landings, twists, basic front and back landings</p> <p>Healthy Active Lifestyle Q-Ways to be active Q-Positive impacts of having a HAL Q-Negative impacts of having a poor HAL</p>	<p>of passing, standing set shot, basic dribbling, intercepting ball, Fitness Testing – Safety when exercising, short term effects of exercise, recording results, basic understanding of heart rate, methods of training – continuous, circuit,</p> <p>Muscular System Q-Name the 10 main muscles Q-Locate the 10 main muscles Q-Identify 6 main stretches</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities,</p>	<p>batting, basic catching and throwing, fielding positions, running between bases</p> <p>Health & Safety in Sport Q-What is a risk assessment Q-Identify hazards & risks Q-Identify ways to be safe whilst playing sport</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment</p>	<p>batting, basic catching and throwing, fielding positions, running between bases</p> <p>International Sport Q-Identify international sporting events (Wimbledon, Euros, Olympics) Q-Identify key athletes in different sports Q-Link world records and statistics to performance</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities, links to performance out of school clubs</p>
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<p>KS2 and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Baseline assessments Badminton, Rugby, Cross Country, Football, Bench ball (1-5) Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills</p>	<p>links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills</p>	<p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, pike, straddle, tuck, somersault, endurance,</p>	<p>links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, endurance, orientation, orienteering,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p>	<p>booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper</p>	<p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through</p>
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