

Year 7 (Introductory) Curriculum Overview Plan: PE

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



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

3 stages of a warmup

Q-What is a pulse raiser
Q-Why is it important
Q-Identify 6 stretches
Q-What is
mobilisation
Q-Why do we
mobilise

Links to Prior Learning: Linking to performance in each sport/activity from

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

Leading a Warm Up

Q-Identify examples of pulse raiser Q-Demonstrate a paired warm-up Q-Discuss leadership qualities

Links to Prior Learning:

Learning:
Linking to
performance in each
sport/activity from
KS2 and basic core
skills transferred
from other activities.

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

Healthy Active Lifestyle

Q-Ways to be active Q-Positive impacts of having a HAL Q-Negative impacts of having a poor HAL 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,

Muscular System

Q-Name the 10 main muscles Q-Locate the 10 main muscles Q-Identify 6 main stretches

Links to Prior Learning:

Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities, batting, basic catching and throwing, fielding positions, running between bases

Health & Safety in Sport

Q-What is a risk assessment Q-Identify hazards & risks Q-Identify ways to be safe whilst playing sport

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

Key Assessment Pieces:

Practical Assessment using KS3 assessment

batting, basic catching and throwing, fielding positions, running between bases

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

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



KS2 and basic core skills transferred from other activities, links to performance out of school clubs

Key Assessment Pieces:

Baseline assessments
Badminton, Rugby,
Cross Country,
Football, Bench ball
(1-5) Practical
Assessment using
KS3 assessment
booklet, Bronze,
Silver, Gold,

Tier 3 Vocabulary Vault:

Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength

Reading Exposure:

Literacy & Numeracy: Key words, oracy and links to performance out of school clubs **Key Assessment Pieces:**

Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,

Tier 3 Vocabulary Vault:

Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength

Reading Exposure:

Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.

Strategies to enable new concepts, knowledge & skills

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

Key Assessment Pieces:

Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,

Tier 3 Vocabulary Vault:

Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, pike, straddle, tuck, somersault, endurance,

links to performance out of school clubs

Key Assessment Pieces:

Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,

Tier 3 Vocabulary Vault:

Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, endurance, orientation, orienteering,

Reading Exposure:

Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities. booklet, Bronze, Silver, Gold,

Tier 3 Vocabulary Vault:

Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,

Reading Exposure:

Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.

Strategies to enable new concepts, knowledge & skills to embed in longterm memory:

Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall. deeper

Key Assessment Pieces:

Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,

Tier 3 Vocabulary Vault:

Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,

Reading Exposure:

Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.

Strategies to enable new concepts, knowledge & skills to embed in longterm memory: Repeated practice in

Repeated practice in performance through



performance	to embed in long-	Reading Exposure:	Strategies to enable	understanding	activities, drills and
feedback.	term memory:	Literacy & Numeracy:	new concepts,	through questioning	modified games, Do
Incorporating	Repeated practice in	Key words, oracy and	knowledge & skills		It Now tasks to recap
numbers into specific	performance through	performance	to embed in long-		and recall, deeper
activities.	activities, drills and	feedback.	term memory:		understanding
	modified games, Do	Incorporating	Repeated practice in		through questioning
	It Now tasks to recap	numbers into specific	performance through		
Strategies to enable	and recall, deeper	activities.	activities, drills and		
new concepts,	understanding		modified games, Do		
knowledge & skills	through questioning	Strategies to enable	It Now tasks to recap		
to embed in long-		new concepts,	and recall, deeper		
term memory:		knowledge & skills	understanding		
Repeated practice in		to embed in long-	through questioning		
performance through		term memory:			
activities, drills and		Repeated practice in			
modified games, Do		performance through			
It Now tasks to recap		activities, drills and			
and recall, deeper		modified games, Do			
understanding		It Now tasks to recap			
through questioning		and recall, deeper			
		understanding			
		through questioning			