

Curriculum Map - Year 7 - Physical Education
Please note that this is a live document and may be updated during the year

All PE groups will complete all units. Units are completed on a rotation with other PE groups.

Unit Title:	Unit Title:	Unit Title:	Unit Title:	Unit Title:	Unit Title:	Unit Title:
Invasion games (Basketball and Netball)	OAA	Dance	Net games (Badminton)	Fitness	Athletics	Striking and fielding (Cricket & Rounders)
Key topics covered:	Key topics covered:	Key topics covered:	Key topics covered:	Key topics covered:	Key topics covered:	Key topics covered:
Passing Moving Attacking Defending Shooting Rules and tactics	Team building Orienteering	5 principle body actions Starting position Ending position Choreographic terms Performance Choreography	Grip and body position Serving Forehand shots Backhand shots Outwitting opponents	Name and location of muscles Fitness components Methods of training	Shot put Javelin 100m 800m Relay High jump Long jump Triple jump	Throwing and catching Fielding Batting Rules Tactics

During the year pupils will be taught to:

Through a range of activities including invasion games, net games, OAA, striking and fielding games, dance and fitness students will learn:

- To demonstrate a range of simple motor skills and techniques and apply them consistently
- The rules, tactics and conventions of varying activities
- Basic anatomy
- To understand and apply motivation, confidence and resilience to different situations
- Components of fitness
- Movement analysis and feedback

Why do students study this:

Motivation & Confidence - To foster an individual's enthusiasm for and enjoyment of physical activity for life.

Physical Competence - To enable an individual to participate & achieve in a wide range of physical activities and settings.

Cognition - To be able to participate successfully in a wide range of physical activities • The health benefits associated with participating in long term physical activity

Engagement in Physical Activity

- To develop engagement in physical activities for life. These knowledge and skills underpin the whole secondary curriculum and prepare students to progress from Year 7 to 11 and into examined PE courses.

Assessment Dates - Can be found on the School Website

Assessment topics - A topic list to support revision can be found on the School Website