

Year 7: Curriculum Intent

The PE curriculum has been planned with the school and departmental vision in mind. Our focus is on high quality Physical Education that develops our students' fitness and wellbeing as well as their respect for others. The PE department focuses on building our young people's confidence, resilience, emotional wellbeing, physical health and life skills. Physical Education at The Kingsway is a vehicle through which a joy of movement is established, leadership skills are developed and a love for sport and physical activity is fostered.

In year 7, students will experience a range of sports and physical activities and will increase their skills and knowledge in all of them. The foundational skills and knowledge taught in year 7 will be developed and the level of skill increased, not only through the unit of work but also from year to year when pupils will re-visit a number of sports and physical activities to develop further.

The rationale for the subject is extended beyond the curriculum, where students are encouraged to pursue excellence in performance, engage in competition and experience new activities.

Physical Education National Curriculum aims:

- lead healthy lives
- be physically active for sustained periods
- develop competence to excel in a broad range of physical activities
- engage in competitive sports and activities.

Aims associated with the needs of our pupils:

- be able to work cooperatively and as a leader.
- grow in self confidence to lead and share their ideas
- Be inclusive of others and respect all our differences.
- to be self-reflective and think critically.
- to have a positive attitude towards learning and enjoy PE.

Year 7 Essential Knowledge Summary

Badminton	Football	Rugby	Netball	
<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. ● -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Badminton. ● Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge:</p> <ul style="list-style-type: none"> ● Demonstrating the correct grip. ● Demonstrating an effective stance and ready position. ● Return to centre court after a shot. ● Show an understanding of the rules of badminton. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> -Serving (Short backhand serve/ High underarm serve) -Overhead/ Underarm clear - Drop Shot (Forehand) - Net Shot (Underarm) -Smash shot (Forehand) <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> -Match Play (Analysis & Assessment) - Application of skill in a competitive situation. - Playing to the correct rules and regulations of the game with correct scoring. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. ● -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Football. ● Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> ● Ball skills - Dribbling with the ball under control. ● Passing and receiving the ball with control and accuracy. <p><u>Declarative</u></p> <p>What makes a legal tackle? Knowing the offside rule.</p> <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> -Running with the Ball -Turning with control -Shooting with accuracy. - demonstrate movement off the ball to get into and create space. <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> -Match Play (Analysis & Assessment) - Work as a team to keep possession of the ball and to move the ball around to create a scoring opportunity. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. ● -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Rugby. ● Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Ball handling - catching and passing the ball. - Tackling (Front/Side on with correct and safe technique. - Presentation of the ball. - Understanding the safety aspects of rugby and basic game laws. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> -Passing/receiving whilst moving forward. -Tackling a runner from different angles with correct, safe and effective technique. -Running with the ball - evading opponents, looking for space. - Rucking - setting up a ruck correctly, safely and effectively. <p>Upper Hierarchical Knowledge</p> <p>Match Play (Analysis & Assessment)</p> <ul style="list-style-type: none"> - Application of skills to a competitive situation. - Working as a team to keep possession and outwit opponents. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. ● Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Netball. ● Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> -Handling Skills - Passing and receiving the ball (Chest / Bounce / shoulder pass) - demonstrating a range of passes. - Receiving the ball with correct footwork. - Understand basic rules of Netball. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> -Pivoting at pace to evade opponent. <p>Movement off the ball to create and find space to receive the ball.</p> <ul style="list-style-type: none"> - Demonstrate an effective shooting technique. <p>Upper Hierarchical Knowledge.</p> <ul style="list-style-type: none"> - To know and understand the different positions, their role in the game and which areas they can and cannot go. - Match Play (Analysis & Assessment) - Application of skills to a competitive situation. <ul style="list-style-type: none"> - Working as a team to keep possession and outwit opponents. 	
Rounders	Table Tennis	Basketball	QAA	Fitness
<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing a new skill or aspect of the unit each lesson. 	<p>Composite Knowledge:</p> <ul style="list-style-type: none"> ● Students focus on developing their understanding of fitness training and

<ul style="list-style-type: none"> -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Rounders. Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Fielding skills: Throwing the ball with accuracy and power. - Catching the ball. - Picking up from the ground. -Long and short barriers to stop the ball. - Correct stance and grip on the bat. - Demonstrate a basic pitch technique, underarm. - Show an understanding of the basic rules and game play of rounders. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Demonstrate fielding skills on the bases and catching and throwing under pressure. - Demonstrate batting technique, looking to hit the ball into space and with good power and accuracy. - Pitching with good pace and accuracy. <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> - Showing good team work and communication when running between bases and when fielding. - Showing good decision making skills when running between bases and when fielding. - Applying tactics in a competitive situation to outwit your opponent. 	<ul style="list-style-type: none"> -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Table Tennis. Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Use the correct grip on the bat. - Demonstrate an effective stance (low to the table and 1m back) - Push shots - Forehand and backhand. - Understand the basic gameplay rules and regulations for Tennis Tennis (Singles) <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> -Serving - apply the correct serving rules and technique. - Push shots - Forehand and backhand with power, accuracy and good decision making. - Drive shots (Forehand/Backhand) <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> -Match Play (Analysis & Assessment) - Moving opponent around the table (Outwitting opponent) with shot selection. 	<ul style="list-style-type: none"> -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Basketball. Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Passing and receiving the ball (chest/ bounce pass) - Moving with the ball (dribbling / pivot) - Demonstrate a basic set shot technique. - Understand the basic rules of Basketball and demonstrate knowledge during conditioned games (Travel/Double dribble/contact) <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Understanding and demonstrating the lay-up technique. - Demonstrate more advanced dribbling techniques to outwit opponents. Dribbling at speed and using both hands to keep it away from opponents. - Demonstrate blocking when in defence. <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> - Students are to observe and analyse performance and identify strengths and weaknesses. - Application of skills to a competitive situation. - Working as a team to keep possession and outwit opponents. 	<ul style="list-style-type: none"> -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in OAA. Students will aim to apply their learnt skills and knowledge of the sport and apply it into a competitive situation and when completing team building activities. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Carry out tasks within a team communicating on a limited basis, offering some support for team mates, discussing ideas, tactics and strategies some of the time. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Use basic map reading skills to complete orienteering course. - Work with a partner to complete an orienteering route. <p>Upper Hierarchical Knowledge:</p> <ul style="list-style-type: none"> - Complete orienteering course using correct terminology and map reading techniques to compete in an orienteering event, individually or as a team 	<p>how this can affect the body.</p> <ul style="list-style-type: none"> Students look to incorporate the different types of fitness training they have learnt from their previous units of work or previous lessons to improve their knowledge and understanding of the benefits of exercise and training. Students will aim to apply their knowledge of fitness training to improve their fitness over a period of time and learn how to measure improvements of fitness. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - To learn about the short term benefits of exercise and be able to identify short term effects of exercise. - Take part in a range of training methods. - Understand the advantages and disadvantages of different training methods. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Identify different components of fitness. - Take part in training methods and understand how they will benefit different components of fitness. <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> - Understand the link between components of fitness and different sporting activities.
Athletics		Cricket		
<p>Composite Knowledge:</p> <ul style="list-style-type: none"> Students focus on developing a new event or aspect of the unit each lesson. -Students look to incorporate the skills and knowledge of Athletics they have learnt from their previous units of work or previous lessons to improve their application of skill in Athletics events. Students will aim to apply their learnt skills and knowledge of Athletics and apply it into a competitive situation in each lesson in track and field events. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Demonstrate basic knowledge and skill level in both Track and Field events. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Demonstrate the correct and safe Javelin Technique from a standing position. - Demonstrate the correct and safe Shot putt technique from a standing position. - Demonstrate the correct and safe Discus technique from a standing position. - Learn the rules and safety considerations for throwing events. - Learn good sprinting technique for 100m, 200m and relay events. - Show good fitness and technique when running middle distance (800m) <p>Upper Hierarchical Knowledge:</p> <ul style="list-style-type: none"> - Identify strengths and areas for development in your own technique/ performance. - Record a time or distance in each event in a competitive situation. 		<p>Composite Knowledge:</p> <ul style="list-style-type: none"> Students focus on developing a new skill or aspect of the unit each lesson. -Students look to incorporate the skills they have learnt from their previous units of work or previous lessons to improve their application of skill in Cricket. Students will aim to apply their learnt skills and knowledge of the sport and apply it into conditioned games of Cricket in a competitive situation. <p>Component Knowledge: Foundational Knowledge</p> <ul style="list-style-type: none"> - Fielding skills: Throwing the ball with accuracy and power. - Catching the ball. - Picking up from the ground. -Long and short barriers to stop the ball. - Correct stance and grip on the bat. - Demonstrate a basic bowl with a straight arm action. - Show an understanding of the basic rules and game play of cricket. <p>Procedural Knowledge:</p> <ul style="list-style-type: none"> - Demonstrate forward and back defensive shots to defend wicket. - Demonstrate basic attacking shots - Drive shots, Cut shots. - Demonstrate correct bowling action with good line and length. <p>Upper Hierarchical Knowledge</p> <ul style="list-style-type: none"> - Show good decision making and shot selection when batting. - Showing leadership skills and decision making skill when fielding and organising fielding positions. - Apply tactics and knowledge of the game to outwit opponents. 		
Year 7 Final Composite Knowledge End Point				
<ul style="list-style-type: none"> Pupils will choose and use combinations of skills with confidence, accuracy and consistent quality in most of the sports and activities they take part in. Use a sound understanding of the principles of play when planning their approaches to games, final performances or fitness testing. Work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; 				

- Apply correct and safe technique when taking part in creative activities such as Gymnastics and trampolining as well in Athletics and Fitness activities.
- Follow appropriate warm-up routines;
- Identify the main aspects of a good performance and what makes it good.
- Recognise weaknesses; suggest how a performance could be improved.