



Year 7 Physical Education

Aims:

- Develop skills and techniques across a broad range of sports and physical activities
- Develop an understanding of strategies and tactics across a wide range of physical activities
- Be able to engage in competitive sports and activities
- Develop an understanding of the importance of leading a balanced, active and healthy lifestyle and how to do this
- Know and understand how to lead effectively in different situations.
- Be able to apply the STRIPE skills to successful performance in PE, and be able to evaluate performance

Content:

Students will study a range of Physical Activities with the aim of encouraging all students to develop knowledge and understanding of Balanced Active Healthy Lifestyles, as well as engaging within competitive sport. PE lessons are delivered within single and mixed gender, mixed ability groups. As well as individual sports, students will focus upon the following key themes, healthy active lifestyles (Fitness), leadership and movement analysis.

Curriculum Map

Year	Term	Curriculum	Assessment
7	Term 1	<p>Multi skills: Students will develop a range of core skills that underpin successful sports performance.</p> <p>Gymnastics: Students will develop their floor work/travelling movements, to include but not be restricted to travelling in different directions, jumps, rolls, and balances.</p> <p>Netball: Students will develop a range of netball specific skills, alongside understanding the rules of the game to be able to participate in a range of competitive situations.</p> <p>Fitness: Students will take part in a range of fitness-based activities and fitness testing aimed at developing cardiovascular endurance, muscular strength, and muscular endurance.</p>	<p>Students are assessed using the BASEO assessment criteria on a half-termly basis. Through regular teacher observation of performance.</p> <p>Students will receive regular verbal feedback from their PE teachers.</p> <p>Knowledge quizzes are used to assess students' knowledge and understanding of the rules and regulations of the sports/activities taught across the curriculum.</p> <p>Students will also use a range of self and peer assessment strategies.</p>
	Term 2	<p>OAA: Students will develop a range of outdoor adventurous activity skills. Including teamwork challenges, orienteering and problem-solving activities.</p> <p>Football: Students will develop a range of Football specific skills, alongside understanding the rules of the game to be able to participate in a range of competitive situations.</p> <p>Dance: Students will understand the key requirements of a successful routine with the use of a motif. Students will consider the actions, dynamic qualities and spatial design when choreographing their routines.</p>	



		Badminton: Students will develop a range of Badminton specific skills, alongside understanding the rules of the game to be able to participate in a range of competitive situations.	
	Term 3	<p>Athletics: Students will study a range of running throwing and jumping events, including short, middle, and long-distance running, javelin, discus, shot putt and high Jump.</p> <p>Cricket: Students will develop a range of Cricket specific skills, alongside understanding the rules of the game to be able to participate in a range of competitive situations.</p> <p>Challenge: Students will be set a range of physical challenges, leading to competing for their houses during the challenge day event at the end of the school year.</p> <p>Rounders: Students will develop a range of Rounder's specific skills, alongside understanding the rules of the game to be able to participate in a range of competitive Rounder's situations.</p>	

Assessment: A range of assessments are used across Physical Education lessons

Extended Learning: Students receive a range of extended learning activities with a focus upon researching rules, strategies and tactics. Developing knowledge and understanding of Healthy Active Lifestyles, leadership, movement analysis and evaluating their own and others performance.

Connection to the JTFS Approach

Whole School Theme	How does Physical Education support this?
STRIPE	Students are encouraged to be reflective with their own practical performance and identify ways of improving. Students are encouraged to use enquiry when selecting and applying strategies and tactics and be team players working effectively as part of a team. Students are also encouraged to develop their leadership skills and practice effective communications and are provided with the opportunity to innovative and create when performing routines within dance and gymnastics.
STEAM	Specific activity related equipment used throughout the schemes of learning. Use of performance analysis software as a tool to evaluate and improve performance.
Literacy	Students are encouraged to use specialist language, defined, and used regularly throughout all Schemes of Learning.
Numeracy	Students will be encouraged to accurately: score, time keep, record distances, and analyse performance data/statistics.
SMSC, British Values and Citizenship	Students will be encouraged to develop their self-knowledge, self-esteem, and self-confidence. Distinguish right from wrong. Accept responsibility for their behaviour. Show initiative and understand how they can contribute positively. Respect others, and deal with success and failure.