

# Curriculum Content – Physical Education Y7



## Physical Activities

### Autumn Term (PE - Games 1.1)

**Basketball** – Passing, Dribbling, Shooting, Triple Threat Position, Defending, Games (Boys/Girls)

**Gymnastics** – Floor Work, Rolls, Balances, Travel, Control, Tension, Extension, Designing group routines (Boys)

**Cross Country** – types of training, setting SMART targets, developing fitness and health, progression, inter tutor comp.

**Rugby** – Passing, Running with the ball, Tackling, Rucking, Scrum, Ball presentation (Boys)

**Hockey** – Grip and handling, Dribbling, Passing/Receiving, Shooting, Defending (Girls)

### Spring Term (PE - Games 1.2)

**Short Tennis** – Ball/Racket Familiarization, Forehand, Backhand, Cross Court, Doubles (Boys/Girls)

**Hockey** – Grip and handling, Dribbling, Passing/Receiving, Shooting, Defending (Boys)

**Gymnastics** – Floor Work, Rolls, Balances, Travel, Control, Tension, Extension, Designing group routines (Girls)

**Football** - Passing and Control, Dribbling, Shooting, Running with ball, Defense, Match Play (Boys)

**Netball** – Passing, Footwork, Creating space, Attacking play, Shooting, Stages of Defense, Rules, Match Play (Girls & boys)

**Handball** – game rules, individual defence & team set, drive and jump shot, dribbling, movement and attacking principles, counter attack.

**HRF** – Fun fitness games, circuits, different types of training.

### Summer Term (PE - Games 1.3)

**Athletics** – Shot, Discus, Javelin, Hurdles, Long, Triple and High Jump, Sprints, Distance (Boys/Girls)

**Swimming** – Front Crawl, Breaststroke, Backstroke (Boys/Girls)

**Rounders** – Catching, Fielding, Bowling, Batting, Tactics (Girls)

**Cricket** – Bowling, Batting (Grip, Stance, Drive, Cross Bat), Running between wickets (Boys)

**Danish Longball** – Game awareness, Fielding, Teamwork, Decision Making (Boys/Girls)



## No Wasted Years – ‘identify’

### 1A - Skeletal System

Identify and name these Bones:

Cranium, Clavicle, Sternum, Radius, Ulna, Pelvis, Patella, Scapula, Humerus, Ribs, Vertebrae, Phalanges, Femur, Tibia, Fibula

### 1B - Muscular System

Identify and name these muscles –

Deltoids, Pectorals, Biceps, Abdominals, Quadriceps, Trapezius, Triceps, Latissimus Dorsi, Gluteals, Hamstring, Gastrocnemius

### 1C - Respiratory System

Define:

- Breathing Rate, tidal volume & minute Ventilation.

### 1D - Circulatory System

Define:

- Heart Rate, Stroke volume & cardiac output.

### 1E – Health and Fitness

Define:

Health, fitness, well-being & sedentary lifestyles.

### 1F - Encompassing all Terms and all Years

- Warming Up and Cooling down
- Risk in Sport and how to prevent it
- Goal Setting – Specific, measurable, agreed, realistic & time-phased.
- Components of a healthy balanced diet.

**Teaching strategies:** inquiry-guided instruction, individual feedback & Q&A in practical tasks, class discussion, cooperative learning, quiz assessments on google. Exam end of y7.



### Wide range of activities for sporting passion

Core games activities, gymnastics, Athletics & swimming. Extensive clubs list with explicit community links. Confidence to represent QEII.

### Competence to participate wider community (skills)

Perform core skills consistently. Perform them within competitive context. Some advanced skills in activities of strength. Appreciation for strengths and weaknesses.

### Extensive knowledge and understanding of tactics & concepts

Increasing and decreasing space in attack and defense. Basic team organization and communication methods.

### CARE values – moral, social & psychological

CARE values – concept of overcoming difficulty, resilience to all activities. CARE embedded in all rewards, praise, and sanctions. Linked to control of the pupil. Current affairs of sport in society discussed and displayed regularly. Linked to school values. Sportsmanship and respect for all demonstrated consistently.

## Prior learning

### Prior learning required

- PE Schemes of Work at Primary school (get changed themselves, take responsibility of own clothing)
- Yr. 6 PE Transition clubs at QEII
- Sports Leaders Placement sessions
- PE induction lesson with expectations outlined (listen and act on instructions, cooperate with others, adversity to challenge, positive attitude to learning, safety in different sports, respect, communication and punctuality)

## Global/IOM/Subject Links

### Links to other subjects

– Skeletal, Muscular, Respiratory & Circulatory Systems → Biology

### Links to Global picture

– Benefits of a healthy and active lifestyle

### Links to IOM

– Links to local sports clubs through ‘Western 6’