



# **Year 7 PE Learning Journey**

**YEAR GROUP: 7 Learning Map**

**SUBJECT: PE**

When?	Understanding	Knowledge	Assessment
<p><b>Autumn Half Term 1 &amp; 2</b></p>	<p>These lessons will be divided into two and will consist of handball for one period and fitness for another period. This will be done over both Autumn 1 and 2.</p>		
	<p><b><u>Handball</u></b></p> <p>During the handball lessons the students will be introduced to the basic components of handball. They will learn about the basic of passing, dribbling, shooting, defending and in the final lesson the students will be assessed in the gameplay lessons.</p>	<p>Students will be introduced to the rules, regulations and how the game is played, as well as learning the different components of the game. These will include passing, dribbling, shooting, defending, manipulating opponents and game play.</p>	<p><b><u>Summative assessment</u></b> will be included during weekly lessons, their performance, and verbal contributions, to demonstrate knowledge and understanding.</p> <p><b><u>Formative assessments</u></b> will be visual, and question based throughout the duration of the block of handball lessons.</p> <p>Injured players/non-doers will be given resources to fill out to gauge their learning during the lessons.</p>
	<p><b><u>Fitness</u></b></p> <p>Pupils will be introduced to a variety of different methods of training such as circuit training, fartlek training, continuous training, and agility/speed training.</p>	<p>The students will gain knowledge of the following:</p> <ul style="list-style-type: none"> <li>• What is the method of training?</li> <li>• What is the format of this training?</li> <li>• What benefits does it provide?</li> <li>• What type of athletes would use it?</li> <li>• How does it affect the heart and lungs?</li> <li>• What does it improve?</li> </ul>	<p><b><u>Summative assessment</u></b> will be included during weekly lessons, their performance, and verbal contributions, to demonstrate knowledge and understanding.</p> <p><b><u>Formative Assessment via Fitness Testing:</u></b> Bleep test, 12-minute cooper run, Illinois Agility test, 1-minute press-up test and 1 minute sit-up test.</p>

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Spring term 1 & 2	During Spring 1 and 2, the lessons will once again be split in to two sessions, giving the students 6 lessons on each sport. They will be working through a Basketball and a Dodgeball scheme of work.		
	<p><b><u>Basketball</u></b></p> <p>Students will be introduced to the major components of basketball. This will include passing dribbling, shooting, lay ups, defending and gameplay.</p>	<p>Students will be introduced to the rules and regulations, including how to manipulate opponents. They will also learn basic skills such as how to pass, dribble, shoot and defend.</p>	<p><b><u>Summative assessment</u></b> will include: Think pair share discussions, class discussions, individual questioning, individual/group demonstrations and practical execution in a game setting.</p> <p><b><u>Formative assessment:</u></b> Students will be graded at the end of the six-week block during the gameplay lesson on each of the skills they have learned during the scheme of work. This will be done through the teaching of conditioned games.</p>
	<p><b><u>Dodgeball</u></b></p> <p>Dodgeball will be taught through conditioned games where students will learn about the different aspects of dodgeball. They will be introduced to components such as how to throw, dodge, manipulate opponents and the rules and regulations of dodgeball.</p>	<p>Students will be introduced to the rules and regulations, throwing, dodging, and how to manipulate opponents. This will be done through both drill-based teaching and conditioned games.</p>	<p><b><u>Summative assessment will include</u></b> Think pair share discussions, class discussions, individual questioning, individual/group demonstrations, practical execution in a game setting.</p> <p><b><u>Formative assessment:</u></b> Students will be graded at the end of the six-week block during the gameplay lesson on each of the skills they have learned during the scheme of work. This will be done through the teaching of conditioned games.</p>
Summer	During Summer Term 1 and 2 the students will learn about Gymnastics and Dance.		

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<p><b>term 1 &amp; 2</b></p>	<p><b><u>Gymnastics</u></b></p> <p>In this unit pupils will be introduced to the basic techniques and skill of Gymnastics, including individual and partner balances, travelling moves, and mirror, matching, cannon and unison.</p> <p>Understand the importance of body tension in maintaining a balance  Understand the importance of safety  Understand the importance of Aesthetics in order to score highly in gymnastic sequences.</p>	<p>Students will learn and be able to replicate the basic techniques of Gymnastics</p> <p>The students will gain knowledge of the following:</p> <ul style="list-style-type: none"> <li>• What is a balance? Point and Patch</li> <li>• Different ways of travelling in a gymnastic sequence</li> <li>• How to support partners to balance safely.</li> <li>• Know what body tension is.</li> </ul>	<p><b><u>Summative assessment</u></b> will include:  Think pair share discussions, class discussions, individual questioning, individual/group demonstrations, practical execution.</p> <p><b><u>Formative assessment:</u></b> Students will be graded at the end of the six-week block of rehearsals by demonstrating an individual sequence and a pairs demonstration. This will included balances, rolls, jumps and lifts.</p>
	<p><b><u>Dance</u></b></p> <p>In this unit the students will be introduced to the basics of Dance. This will be done through teaching them the “Haka”, a traditional Dance of the Maori people of New Zealand. Students will be introduced to key terms such as tempo, rhythm, expression, and timing.</p>	<p>Students will be introduced to what the Haka is, its history, it’s cultural significance, how to form a sequence, how to adapt a dance and how to dance as a member of a team.</p>	<p><b><u>Summative assessment:</u></b> think pair share discussions, class discussions, individual questioning, individual/group rehearsals and demonstrations.</p> <p><b><u>Formative assessment:</u></b> Students will be required to take part in a class demonstration of the Haka,</p>