



# Year 7 PE Curriculum Summary



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 football for one period and gymnastics for another period. Students will be learning about how to use tactics and strategies to overcome opponents as well as how to analyse performance with a view to improving and achieving their personal best.</p>		
	<p><b><u>Football</u></b></p> <p>During the football lessons the students will be introduced to the basic components of football, building on what they learned in Key Stage 2. They will learn about the basics of passing, dribbling, shooting, defending and how these can be used to overcome opposition. In the final lesson the students will be assessed during gameplay.</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. Students will be introduced to components of fitness and how these benefit football players.</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 football lessons. Injured players/non-doers will be given resources to fill out to gauge their learning during the lessons.</p>
	<p><b><u>Gymnastics</u></b></p> <p>Pupils will build on the knowledge of gymnastics gained in Key Stage 2 and explore different individual balances, partner balances and traveling moves. Students will develop the ability to analyse their own performances and those of others with a view to providing specific feedback on how to improve. Students will build a sequence of</p>	<p>The students will gain knowledge of the following:</p> <ul style="list-style-type: none"> <li>• Key points for performing Headstand, Handstand, Shoulderstand</li> <li>• Key points for performing forward roll, backward roll, teddybear roll, pencil roll</li> <li>• Know key terms, mirror, cannon, unison</li> <li>• Know how to plan a sequence</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:</u></b> will be visual, and question based throughout the duration of the block of gymnastics lessons. Peer assessment and self-assessment</p>



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	gymnastic manouvres with a partner and perform the sequence in front of the rest of the class.	<ul style="list-style-type: none"> <li>• Know how to analyse their own performances and those of others.</li> </ul>	

<p><b>Spring term 1 &amp; 2</b></p>	<p>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 Fitness scheme of work.</p>		
	<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> <ul style="list-style-type: none"> <li>• Know the key teaching points for different types of basketball skills</li> <li>• Know the basic rules of basketball</li> </ul>	<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>Fitness</u></b></p>	<p>The students will gain knowledge of the following:</p> <ul style="list-style-type: none"> <li>• What is the type of training?</li> <li>• What is the format of this training?</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>



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	Fitness will be taught via various fitness activities, such as circuit training, fartlek training, continuous training, and agility/speed training.	<ul style="list-style-type: none"><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>	<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.
	During Summer Term 1 and 2 the students will learn about Cricket and Tennis.		



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<b>Summer term 1 &amp; 2</b>	<p><b><u>Cricket</u></b></p> <p>In this unit pupils focus on accurate replication &amp; further developing, implementing, and refining techniques for batting, bowling, and fielding. Pupils will develop the ability to place the ball in a target area and refining game strategies. Pupils will develop confidence in movement and test mental capacity through scoring and officiating games.</p>	<p>Students will learn and be able to replicate the different techniques in each aspect of cricket. This will include batting, fielding, bowling, and gameplay. This will be done through a game-based approach allowing the students to learn through conditioned games.</p> <p>The students will gain knowledge of the following:</p> <ul style="list-style-type: none"><li>• Do I know the key teaching points for different batting shots?</li><li>• Can I incorporate a run up and still bowl accurately?</li><li>• How will this benefit me? Can I identify and play the most appropriate shots based on the position of fielders?</li></ul>	<p><b><u>Summative assessment</u></b> will include: 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>



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	<p><b><u>Tennis</u></b></p> <p>In this unit the students will focus on the basics of tennis, which will give them the confidence to take part in a tennis match. They will cover all aspects of tennis including: the serve, the forehand, the backhand, the drop shot, the smash and gameplay.</p>	<p>Students will have knowledge of the rules and regulations of all forms of tennis. The students will be able to apply different shots and tactics to game scenarios, as well as play both singles and doubles tennis. The shots the students will learn will be the serve, the forehand, the backhand, the drop shot, the smash and complete gameplay.</p> <ul style="list-style-type: none"><li>• Know the key teaching points for different tennis skills</li><li>• Know the basic rules and scoring of tennis</li></ul>	<p><b><u>Summative assessment</u></b> for tennis: 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>