



#### **Curriculum Intent**

### **Subject:** Physical Education

#### Year: 7

Term 1-1	Cross country: All pupils will be taught the following:  Running technique Pacing Hill running (ascend/descend) Course management Finishing - final push/sprint for the line Recording time	<ul> <li>Development of CVE</li> <li>Improve pupil resilience and confidence over a cross country distance</li> <li>Improve running technique and develop tactics within a running setting</li> <li>Analyse their performance and set their 'Personal Best'</li> </ul>	National Curriculum Links 1, 5, 6
Term 1-2	Team building and problem solving:  All pupils will be taught the following:  Human crane  Crossing the swamp  Pirates and Sharks  Kabbadi  Poker shuttles  No eyes, all ears  Sports hall athletics:	<ul> <li>Develop pupil problem solving and decision making</li> <li>Work in a team setting with pupils they don't normally 'choose' to work with</li> <li>Communication skills</li> <li>Work on giving of praise and constructive criticism</li> <li>Analyse individual and team performance</li> <li>Develop technique and improve performance</li> <li>Analyse performance and set 'Personal Best'</li> </ul>	4, 5
	<ul> <li>All pupils will be taught the following:</li> <li>Individual and team running events</li> <li>Throwing events</li> <li>Jumping events</li> </ul>	<ul> <li>Performance used to select CCSC squad for Sports District competition.</li> </ul>	1, 2, 5, 6

# Chesterton Community Sports College

	Over the course of the remainder of Year	Netball:	
Term	7, pupils will do (some not all) the	<ul> <li>Knowledge of positions and rules</li> </ul>	1, 2, 5, 6
2-1	following activities but in varying	Basic passing technique	
	sequence.	<ul> <li>Moving in to space</li> </ul>	
		<ul> <li>Attacking/defending</li> </ul>	
Term	Netball	Football:	
2-2	Football	<ul> <li>Develop knowledge of 9 v 9 format</li> </ul>	1, 2, 5, 6
	Rugby	<ul> <li>Basic skills – passing, control and shooting</li> </ul>	
	Gymnastics	Maintaining possession	
Γerm	Dance	<ul> <li>Attack/defend tactics</li> </ul>	
3-1	Rounders	Rugby:	1 2 5 6
	Swimming	<ul> <li>Introduction to contact rugby</li> </ul>	1, 2, 5, 6
	Athletics (track and field)	Develop tackling technique	
Γerm		Basic ball handling	
3-3		<ul> <li>Knowledge of the game/rules</li> </ul>	
		Gymnastics:	
		<ul> <li>Basic rolls (forward, back, side and teddy)</li> </ul>	2, 5, 6
		<ul> <li>Balances – dynamic, static and partner</li> </ul>	2, 3, 0
		Travel	
		<ul> <li>Jumps – both floor and using apparatus</li> </ul>	
		Dance:	
		Travel, locomotion, stepping and pathways	
		Balance (static/dynamic)	2, 3, 5, 6
		Rotation, turning and weight transfer	2,3,3,0
		Jumps and elevations	
		Rounders:	
		Throwing and catching (fielding)	

## **Chesterton Community Sports College**

	S
Ground fielding techniques	
<ul> <li>Knowledge of rounders pitch (layout)</li> </ul>	1, 2, 5, 6
<ul> <li>Basic rules of the game (scoring etc)</li> </ul>	
Hitting the ball (batting)	
Swimming:	
<ul> <li>Development of water confidence</li> </ul>	
Safe entry and exit of pool	2, 5, 6
<ul> <li>Improve body position in the water (flat)</li> </ul>	
<ul> <li>Development of front and back stroke (arms and legs)</li> </ul>	
<ul> <li>Pupils who can perform breast/butterfly indentified.</li> </ul>	
<ul> <li>Record 'Personal Best' for front/back stroke</li> </ul>	
Athletics:	
<ul> <li>Introduction to all track and field events that are age</li> </ul>	2, 5, 6
relevant	
<ul> <li>Basic technique introduced for all events</li> </ul>	
<ul> <li>Pupils told as to how each event is measured and recorded</li> </ul>	
<ul> <li>All results recorded for 'Personal best'</li> </ul>	