



Curriculum Intent

Subject: Physical Education

Year: 7

[illegible]



Term 2-1	Over the course of the remainder of Year 7, pupils will do (some not all) the following activities but in varying sequence.	Netball: <ul style="list-style-type: none"> • Knowledge of positions and rules • Basic passing technique • Moving in to space • Attacking/defending 	1, 2, 5, 6
Term 2-2	Netball	Football: <ul style="list-style-type: none"> • Develop knowledge of 9 v 9 format • Basic skills – passing, control and shooting • Maintaining possession • Attack/defend tactics 	1, 2, 5, 6
Term 3-1	Football	Rugby: <ul style="list-style-type: none"> • Introduction to contact rugby • Develop tackling technique • Basic ball handling • Knowledge of the game/rules 	1, 2, 5, 6
Term 3-1	Rugby	Gymnastics: <ul style="list-style-type: none"> • Basic rolls (forward, back, side and teddy) • Balances – dynamic, static and partner • Travel • Jumps – both floor and using apparatus 	2, 5, 6
Term 3-1	Gymnastics	Dance: <ul style="list-style-type: none"> • Travel, locomotion, stepping and pathways • Balance (static/dynamic) • Rotation, turning and weight transfer • Jumps and elevations 	2, 3, 5, 6
Term 3-1	Dance	Rounders: <ul style="list-style-type: none"> • Throwing and catching (fielding) 	
Term 3-1	Rounders		
Term 3-1	Swimming		
Term 3-3	Athletics (track and field)		



- Ground fielding techniques
- Knowledge of rounders pitch (layout)
- Basic rules of the game (scoring etc)
- Hitting the ball (batting)

1, 2, 5, 6

Swimming:

- Development of water confidence
- Safe entry and exit of pool
- Improve body position in the water (flat)
- Development of front and back stroke (arms and legs)
- Pupils who can perform breast/butterfly identified.
- Record '*Personal Best*' for front/back stroke

2, 5, 6

Athletics:

- Introduction to all track and field events that are age relevant
- Basic technique introduced for all events
- Pupils told as to how each event is measured and recorded
- All results recorded for '*Personal best*'

2, 5, 6