

Academic Overview 2018-19 - Year 7

Physical Education						
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.1
Year 7	Induction to Physical Education	Rugby Netball Hockey Fitness	Dance Badminton Fitness Orienteering	Badminton Dance Football Orienteering	Athletics	Tennis Rounders Cricket
Year 8	Badminton Rugby Netball Dance Hockey	Hockey Table Tennis Orienteering Basketball Gymnastics	Orienteering Basketball Gymnastics Fitness Badminton	Gymnastics Fitness Badminton Hockey Orienteering	Athletics	Tennis Rounders Cricket
Year 9	Badminton Netball Football Rugby Hockey	Hockey Football Fitness Volleyball Badminton	Basketball Hockey Table Tennis Badminton Dodgeball Fitness	Fitness Table Tennis Basketball Fitness Dodgeball Football Badminton	Athletics	Cricket Softball Tennis Rounders
Year 10	Rugby Badminton Hockey Netball	Football Table Tennis Badminton Fitness Football Hockey	Badminton Fitness Dodgeball Hockey	Fitness Dodgeball Football Badminton	Athletics	Cricket Rounders Softball Tennis
Year 11	Football Volleyball Table Tennis Dodgeball	Badminton Fitness Football Table Tennis	Fitness Handball Hockey	Softball Fitness Badminton	Rounders Tennis Cricket	

Sports & activities are not repeated by students within the same year. Availability of facilities dictate students cover the same activities in a different order across the year, hence the repetition of activities each half-term.

Year 7 Curriculum Content Overview 2018-19

Physical Education – Year 7				
Knowledge and Skills Students will be taught to....	Reading, Oracy, Literacy and Numeracy	Formative Assessment	Summative Assessment	Link to reformed GCSE Content
<ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Develop their technique and improve their performance in other competitive sports (for example, athletics and gymnastics) Perform dances using advanced dance techniques in a range of dance styles and forms. Take part in outdoor and adventurous activities (Orienteering) which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Create and complete a warm up for themselves and other performers State strengths and areas for development for themselves and others Design skill practices that improve the performance of themselves and others Design basic fitness routines that develop their own fitness levels 	<p>Reading</p> <ul style="list-style-type: none"> Key words presented within lessons GCSE assessment criteria on task sheets Fitness programmes cards and information. <p>Numeracy</p> <ul style="list-style-type: none"> Measurement (Athletics) Timing (Athletics) Angles (when passing) Mass & distance (when using fitness machines) <p>Oracy and Literacy (including key words for practical subjects)</p> <ul style="list-style-type: none"> Key words Student discussion Student presentation of thoughts and ideas Group and team 	<p>Questioning in lessons</p> <p>Live student performance in lessons followed by questions</p> <p>Observation of student performance</p> <p>Whole class feedback during lessons</p> <p>Low-stakes quizzing</p> <p>Exit Strategies</p>	<p>Students to be assessed and correctly grouped during “induction” period in the first half term.</p> <p>3 assessments throughout the academic year.</p> <p>Assessment of students will be based upon performance in two different practical tasks/activities completed within an ‘assessment week’.</p> <p>Assessment outcomes will also take into performance in all sports and activities completed up to the assessment week.</p>	<p>Skills element of the GCSE PE practical performance criteria.</p> <p>Applying skills to competitive situations.</p> <p>Knowledge of fitness and health.</p> <p>Basic injuries obtained through sport.</p> <p>Components of fitness.</p> <p>Name key muscle groups used in a variety of sporting actions.</p>

Assessment Skills, Knowledge and Concepts Map

Physical Education – Year 7	
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • Why is possession important? • Why is it important to get into space? • How can I create space? • What are tactics and how can they be applied? 	<p>Overcoming Opponents in Games</p> <ul style="list-style-type: none"> • Perform all core skills, accurately replicating the correct technique. • Apply core skills, techniques and decisions in a competitive situation. • Follow strategies and tactics set out for me by others. • Suggest effective tactics, strategies or ideas. • Recognise how different tactics can be adapted for different situations • Follow warm up routines with accuracy as instructed
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • Can you identify and describe key techniques? • Can you identify components of fitness relating to each sport/activity? • Describe the application of a component of fitness to a specific activity. • Can you be fit and unhealthy? 	<p>Develop Technique and Performance in Non-games activities</p> <ul style="list-style-type: none"> • Perform all core skills, accurately replicating the correct technique. • Apply core skills, techniques and decisions in a competitive situation. • Analyse own performance in different roles using different forms of analysis. • Explain why exercise technique is important and describe how these correlate to injury. • Describe how and why the body changes during exercise.
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • Why are levels important when choreographing a dance? • How useful are dynamics when trying to improve a routine. 	<p>Perform Dances Using Advanced Techniques</p> <ul style="list-style-type: none"> • Accurately replicate a dance routine. • Perform routines applying synchronisation, mirroring, cannon, levels, dynamics and relationships. • Choreograph simple routines using a given stimulus.
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • How do you orientate a map? • Describe navigational techniques used when Orienteering? • Explain the benefits of effective route planning? 	<p>Take Part in Outdoor & Adventurous Activities</p> <ul style="list-style-type: none"> • Read maps accurately using a key, identifying physical features. • Complete short Orienteering courses individually and in pairs. • Exercise at a low intensity for more than 15 minutes before becoming tired.
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • How can effective evaluation help improve performance? • How do I identify a person's strengths and areas for development? • How can I improve my own or another's performance? 	<p>Analyse Performance</p> <ul style="list-style-type: none"> • Identify strengths and weaknesses in their own performance. • Describe ways to improve your own performance. • Explain the strengths of their own performance • Describe some of the strengths of another person's performance • Describe strengths & weaknesses of another performer during a live match.

<p>Reading</p> <ul style="list-style-type: none"> • Lesson objectives • Key words presented within lessons • GCSE assessment criteria on task sheets • Fitness programmes cards and information. • Reading key task cards • Reading key warm up cards
<p>Oracy and Literacy</p> <p>Literacy: Language for Learning – movement, accuracy, fluency, control, precision, evaluation, aesthetic appreciation</p> <p>Oracy: Student discussion & feedback. Student responses to questioning. Student to student discussion on evaluation of performance.</p>
<p>Numeracy</p> <ul style="list-style-type: none"> • Measuring distances when jumping and throwing • Timing during athletics • Calculating heart rate



Physical Education – Year 7		
Hockey	Badminton	Football
<ol style="list-style-type: none"> Control the ball using a roll out. Dribble using open and reverse stick. Pass and receive the ball whilst static and moving. Perform a block and a jab tackle. Apply rules of 'back-stick' and 'foot contact'. Use space and positioning effectively within games. 	<ol style="list-style-type: none"> Perform a backhand flick and underarm serve. Play an overhead clear shot. Be able to perform a drop shot. Demonstrate knowledge of rules and court markings of doubles and singles. Serving rules of doubles and singles. How to apply tactics in doubles badminton to outwit an opponent. 	<ol style="list-style-type: none"> Demonstrate the short passing technique whilst static and moving. Receiving and controlling the ball in isolation and game conditions. Moving with the ball (dribbling) Perform an effective standing tackle. Shooting under pressure in a game situation. Apply rules of restarting play.
Rugby	Orienteering	Basketball
<ol style="list-style-type: none"> Pass and receive whilst static and moving. Perform a front tackle and side tackle. Use evasive running skills. Demonstrate attacking and defensive lines. Apply rules of off-side, in/out of touch and knock-on/forward passes in games. Use space and positioning effectively within games. 	<ol style="list-style-type: none"> Apply problem solving techniques to outwit opponents. Read a map of the school and pinpoint varying key places. Complete basic "star" course, considering tactics to outwit opponents. Demonstrate tactics when completing a "conventional" orienteering course. Understand and apply the terms "handrailing" and "ticking off" of features on course. The use of Cardiovascular Fitness when performing an orienteering course. 	<ol style="list-style-type: none"> Perform a variety of passes including chest, shoulder and bounce. Move effectively with the ball on court. Perform a lay-up effectively. Demonstrate the set shot technique. Use of man to man marking in a game situation. Apply rules of double dribble, traveling and carrying.
Netball	Fitness	Athletics
<ol style="list-style-type: none"> Pass and receive whilst static and moving. Application of correct footwork technique. Be able to shoot from close range. Be able to mark a player sideways-on. Demonstrate knowledge of positions. Apply rules of contact and distance. 	<ol style="list-style-type: none"> Understand how to safely and effectively use all equipment. Understand the terms "Cardiovascular" and "muscular Endurance" and how to apply these to machines. Apply "Muscular Strength" to a method of training. Explain how heart rate changes during exercise. Know how to train for varying events and environmental demands. Create own training plan relevant to your individual needs. 	<ol style="list-style-type: none"> Explain tactics and techniques for long distance events (800m/1500m) Perform range of throwing actions including discus, shot putt and javelin. Apply power and flexibility to a range of jumping events, such as high jump, long jump and triple jump. Understand the importance of power and speed in sprinting events (100m/200m/400m) Be able to work tactically as a team to perform a relay race. Appreciate the importance of measuring correct distances in all athletic events.



Dance	Gymnastics	Tennis
<ol style="list-style-type: none"> 1. Explore varying methods of travel. 2. Create space in routines in small groups. 3. Work as pairs, small groups and teams to develop relationships and dynamics in routines. 4. Develop timing with use of features such as cannon and unison. 5. Discuss pathways which can be used in a short sequence. 6. Understand the importance of an audience perception during a routine. 	<ol style="list-style-type: none"> 1. Explore varying methods of movement and travelling. 2. Be able to perform a range of individual or partner balances. 3. Explore variations of flight using equipment. 4. Perform a variety of rolling actions in isolation and in a sequence. 5. Support and perform a headstand. 6. Understand the importance of aesthetic appreciation when composing a routine. 	<ol style="list-style-type: none"> 1. Perform a forehand whilst static and moving. 2. Perform a backhand whilst static and moving. 3. Use effective footwork and court positioning. 4. Demonstrate control of the ball in a game. 5. Apply the correct scoring system, and the ball in/out rule. 6. Hit into space within a game.
Cricket	Rounders	
<ol style="list-style-type: none"> 1. Be able to throw accurately at a target both underarm and overarm. 2. Collect ball using a long barrier and underarm attack. 3. Perform the correct bowling action. 4. Demonstrate forward defence and drive shot. 5. Understand the tactics of a game whilst batting as a pair. 6. Demonstrate ability to hit into gaps in a field whilst in a game situation. 	<ol style="list-style-type: none"> 1. Perform a range of fielding techniques including overarm, underarm and long barrier actions. 2. Demonstrate correct batting stance and technique. 3. Be able to perform a range of bowling actions. 4. Consider how to tactically place hits to a set field. 5. Apply knowledge of "backwards hit" rule and understand how to get players "out". 6. Understand scoring system in a range of examples. 	