

Physical Education Curriculum Overview– Year 7

In Year 7 students build upon the fundamental movement skills of balance, locomotion and object control which they have developed in Primary school. These skills become more sport specific being taught through different activities on a rotation throughout the year. Students receive introductory knowledge to analysis of performance, tactics and strategies, healthy, active lifestyles and anatomy and physiology.

		Analysis of Performance		Tactics and Strategies		Healthy, active lifestyles		Anatomy and Physiology							
Knowledge & Skills	<p>Identify strengths and areas for development in their own and other's performances.</p> <p>Use basic key vocabulary associated with the activities which they participate in.</p>		<p>Students will be taught how to respect the officials, rules and regulations for each activity that they participate in.</p> <p>Through practical experiences and increased knowledge, students will develop the ability to make decisions on which skills to use at which time.</p>		<p>Students will learn about:</p> <ul style="list-style-type: none"> • Three phases of a warm up • Short term effects of exercise • Components of fitness within activities 		<p>Students will learn the names and locations of some of the main muscles & bones involved in movement.</p>								
	<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Identifies strengths and areas for development in performances • Uses sport specific vocabulary 		<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Plays to the rules and regulations of the activity • Respects the officials • Decision making within the activities 		<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Conducts an appropriate warm up • Describes short-term effects of exercise • Names fitness components 		<p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Identify the main bones and muscles in the body 								
Sport Specific skills	Boys	Football		Rugby		Athletics		Striking & Fielding		Outdoor Adventure Activities		Dance		Table Tennis	
	Girls	<ul style="list-style-type: none"> • Passing • Ball control • Dribbling • Turning • Shooting • Defending • Creating space 		<ul style="list-style-type: none"> • Passing • Catching • Tackling • Playing the ball • Evasion • Defending • Support play • Creating space 		<ul style="list-style-type: none"> • Sprinting • Pacing • Jumping • Throwing 		<ul style="list-style-type: none"> • Throwing • Catching • Bowling • Batting • Running • Fielding 		<ul style="list-style-type: none"> • Map reading • 4 figure grid references • Teamwork • Communication 		<ul style="list-style-type: none"> • Motif development • Actions • Space • Dynamics • Relationships • Performance skills 		<ul style="list-style-type: none"> • Stance & grip • Push shot • Serve • Spin • Drive shot • Ball control 	
										Netball		Fitness			
										<ul style="list-style-type: none"> • Footwork • Pivoting • Passing • Shooting • Outwitting • Defending 		<ul style="list-style-type: none"> • Equipment safely • Aerobic training • Anaerobic training 			
See next page for "Beyond The Curriculum"															

Beyond The Curriculum

Places to visit

- Headingley stadium, Leeds
- Sheffield's English Institute of sport
- Old Trafford stadium, Manchester
- National Football museum, Manchester
- British Sports museum

Websites to explore

- www.thefa.com
- www.rugby-league.com
- www.britishathletics.org.uk
- www.ecb.co.uk
- www.roundersengland.co.uk
- www.britishorienteeing.org.uk
- www.ballet.org.uk
- www.englandnetball.co.uk
- www.tabletennisengland.co.uk
- www.skysports.com
- www.bbc.co.uk/sport

Enrichment clubs

- Football
- Rugby
- Athletics
- Rounders
- Cricket
- Table tennis
- Fitness
- Netball

Competitions and trips

- Calderdale competitions (varied sports)
- West Yorkshire competitions (varied sports)
- English schools competitions (through qualification)
- Trips to watch professional fixtures