

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		Identify strengths and areas for development in their own and other's performances. Use basic key vocabulary associated with the activities which they participate in. Assessment - Identifies strengths and areas for development in performances - Uses sport specific vocabulary	Students will be taught how to respect the officials, rules and regulations for each activity that they participate in. Through practical experiences and increased knowledge, students will develop the ability to make decisions on which skills to use at which time. Assessment - Plays to the rules and regulations of the activity - Respects the officials - Decision making within the activities		Students will learn about: - Three phases of a warm up - Short term effects of exercise - Components of fitness within activities Assessment - Conducts an appropriate warm up - Describes short-term effects of exercise - Names fitness components		Students will learn the names and locations of some of the main muscles & bones involved in movement. Assessment Identify the main bones and muscles in the body	
Sport Specific skills	Boys	Football - Passing - Ball control - Dribbling - Turning - Shooting - Defending - Creating space	Rugby - Passing - Catching - Tackling - Playing the ball - Evasion - Defending - Support play - Creating space	Athletics - Sprinting - Pacing - Jumping - Throwing	Striking & Fielding - Throwing - Catching - Bowling - Batting - Running - Fielding	Outdoor Adventure Activities - Map reading 4 figure grid references - Teamwork - Communication	Dance - Motif development - Actions - Space - Dynamics - Relationships - Performance skills	Table Tennis - Stance & grip - Push shot - Serve - Spin - Drive shot - Ball control
	Girls						Netball - Footwork - Pivoting - Passing - Shooting - Outwitting - Defending	Fitness - 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.britishorienteering.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
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