

## Year 7 Curriculum Map : Physical Education

	Autumn	Spring	Summer
<b>Assessment Objectives</b>	<p style="text-align: center;">AO1 – Demonstrate skills, techniques and tactics/strategies to attack space</p> <p style="text-align: center;">AO2 – To provide leadership and coaching feedback to evaluate and improve performance</p> <p style="text-align: center;">AO3 – To apply knowledge of techniques, key terminology and rules &amp; regulations to specific sporting and physical activities.</p>		
<b>Unit Length</b>	8 lessons per sporting activity	8 lessons per sporting activity	8 lessons per sporting activity
<b>Key Learning Outcomes</b>	<p><u><b>Badminton-</b></u></p> <ol style="list-style-type: none"> <li>1. What techniques can I use to start a game of Badminton?</li> <li>2. What do the court markings mean and what area of the court is IN?</li> <li>3. What techniques can I use to attack space at the back of the court?</li> <li>4. How can I use depth on court to enhance my performance?</li> <li>5. What techniques can I use to attack space at the front of the court?</li> <li>6. How I can use the space effectively in Badminton?</li> <li>7. How can I improve my performance in Badminton?</li> </ol> <p><u><b>Gymnastics-</b></u></p> <ol style="list-style-type: none"> <li>1. How can we use the key features of a gymnastics routine?</li> <li>2. How to perform a variety of rolls?</li> <li>3. How do we perform individual balances?</li> <li>4. How can we use the idea of counter-balance and counter-tension in a routine?</li> <li>5. How can we maximise our technique?</li> <li>6. How can we perform a jump?</li> <li>7. How do we successfully link a routine?</li> <li>8. How can we maximise our scoring of a routine?</li> </ol> <p><u><b>Football-</b></u></p> <ol style="list-style-type: none"> <li>1. What methods are there to move the ball?</li> <li>2. How do I pass effectively?</li> </ol>	<p><u><b>Dance-</b></u></p> <ol style="list-style-type: none"> <li>1. What is a motif?</li> <li>2. What is the theme of my dance?</li> <li>3. What are the body actions in my dance?</li> <li>4. How can I demonstrate dynamics in my dance?</li> <li>5. What is the relationship in my dance?</li> <li>6. How I can use the space effectively in my dance?</li> <li>7. How can I improve my dance?</li> </ol> <p><u><b>Basketball-</b></u></p> <ol style="list-style-type: none"> <li>1. How can I travel with the ball in Basketball?</li> <li>2. What methods can I use to transfer possession of the ball to a team mate?</li> <li>3. Which methods of shooting can I use to score a basket when stationary?</li> <li>4. Which methods of shooting can I use to score a basket when in motion?</li> <li>5. How can I beat an opponent challenging for the ball?</li> <li>6. How can I defend one player from the opposite team?</li> <li>7. How can I limit space in the Key to reduce the likelihood of the opposition scoring?</li> <li>8. Which methods can I demonstrate my progression and application of linking skills together to outwit opponents in a competitive situation?</li> </ol> <p><u><b>Netball-</b></u></p> <ol style="list-style-type: none"> <li>1. How do we pass effectively?</li> <li>2. How do we pass and move to create space?</li> <li>3. How to create space in a competitive situation-</li> <li>4. What methods can we use to outwit our opponent?</li> </ol>	<p><u><b>Cricket-</b></u></p> <ol style="list-style-type: none"> <li>1. I know how to catch and throw effectively</li> <li>2. I know how to bowl to attack the space around the batsman</li> <li>3. I know how to play shots into the forward area</li> <li>4. How can I apply effective fielding tactics, such as the chase a gather</li> <li>5. How can I apply effective fielding tactics, such as the long barrier</li> <li>6. How can I use space effectively when batting?</li> <li>7. How can I use space effectively when throwing to the wicket keeper or bowler</li> </ol> <p><u><b>Athletics-</b></u></p> <ol style="list-style-type: none"> <li>1. How do we start a sprint race?</li> <li>2. What is the correct sprinting technique?</li> <li>3. What is the fastest way to pass the baton in the rally?</li> <li>4. How do we throw the javelin?</li> <li>5. Why do we push the shot?</li> <li>6. What is the technique to throw the discus?</li> <li>7. How does momentum effect the distance of our jumps?</li> </ol> <p><u><b>Rounders-</b></u></p> <ol style="list-style-type: none"> <li>1. Know the main types of throw them apply them and then move into space.</li> <li>2. Know the types of bowl</li> <li>3. What technique do I use to hit the ball?</li> <li>4. Know and understand how to gather the ball / apply to a competitive situation.</li> </ol>

	<p>3. How can I receive the ball?  4. How do I attack space with movement?  5. What methods can I use to score?  6. How can I create space?</p>	<p>5. How do we shoot the ball?  6. What is footwork  7. What are the rules of netball?  8. How do I mark effectively?  9. What are the positions in netball?</p>	<p>5. Know and understand how to throw between posts/ apply to a competitive situation with accuracy to stop runs  6. Applying the rules to competitive situations- decision making- throwing, batting, bowling</p>
<b>Prior knowledge</b>	<p>KS2:  Fundamental movements including running, jumping, throwing, catching.  Core sporting concepts including passing, shooting, teamwork.</p>	<p>As per Autumn term:  - Knowledge of attacking/moving into space  - How to transfer possession of an object  - How to outwit an opponent  - How to score in team sports</p>	<p>As per Autumn and Spring Term:  - How to move with fluency and control  - How to begin to utilise space through the linking of movements</p>
<b>CEIAG Specific careers links</b>	<p>Officiating  Sports coaching  Performance Analyst</p>	<p>Officiating  Sports coaching  Performance Analyst  Choreographer</p>	<p>Officiating  Sports coaching  Performance Analyst</p>
<b>RRSA</b>	<p>Article 28- right to education  Article 29- goals of education  Article 31- leisure, play and culture</p>	<p>Article 13- freedom of expression  Article 28- right to education  Article 29- goals of education</p>	<p>Article 28- right to education  Article 29- goals of education</p>
<b>Cross curricular links</b>	<p>DT- trajectory of an item  Maths- angles and trajectory</p>	<p>Drama- performance skills and choreographic devices  Physics- forces and movement</p>	
<b>Useful websites/vi deos</b>	<p><a href="#">Badminton England   The Nation's Favourite Racket Sport</a>  <a href="#">15 Key Soccer Skills - How to Achieve Success in Football   Ertheo</a>  <a href="#">Netball standing shot - Netball - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize</a></p>	<p><a href="#">5 Technique &amp; Movement Skills To Teach Your Dance Students   Shannon Dooling Dances</a>  <a href="#">Handball high catching technique - Handball - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a>  <a href="#">gymnastics - Gymnasts   Britannica</a></p>	<p><a href="#">The Fundamental Skills of Cricket - Cricketer's Choice (cricketerschoice.com)</a>  <a href="#">10 Basic Rules of Rounders   Simple Guide for Beginners (theukrules.co.uk)</a>  <a href="#">Hurdles in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a></p>
<b>Wider Reading</b>			
<b>Literacy Programme</b>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>
<b>Independent Learning Tasks</b>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>