

Year 7 Curriculum Map : Physical Education

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

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| | <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> |
| Prior knowledge | <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> |
| CEIAG Specific careers links | <p>Officiating Sports coaching Performance Analyst</p> | <p>Officiating Sports coaching Performance Analyst Choreographer</p> | <p>Officiating Sports coaching Performance Analyst</p> |
| RRSA | <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> |
| Cross curricular links | <p>DT- trajectory of an item Maths- angles and trajectory</p> | <p>Drama- performance skills and choreographic devices Physics- forces and movement</p> | |
| Useful websites/vi deos | <p>Badminton England The Nation's Favourite Racket Sport 15 Key Soccer Skills - How to Achieve Success in Football Ertheo Netball standing shot - Netball - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize</p> | <p>5 Technique & Movement Skills To Teach Your Dance Students Shannon Dooling Dances Handball high catching technique - Handball - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize gymnastics - Gymnasts Britannica</p> | <p>The Fundamental Skills of Cricket - Cricketer's Choice (cricketerschoice.com) 10 Basic Rules of Rounders Simple Guide for Beginners (theurules.co.uk) Hurdles in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</p> |
| Wider Reading | | | |
| Literacy Programme | <ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson | <ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson | <ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson |
| Independent Learning Tasks | <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> |