



Year 7 Curriculum Grid



PE

Year/Term	Unit	Intent
Overall		<p>To deliver lessons that cover a variety of sports to cater for all student interests.</p> <ul style="list-style-type: none"> • Lessons delivered at different times of the year based on seasonal weather/space/teams. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies and tactics). • Some lessons will be adapted depending on weather, space, and staffing.
Autumn 1	Baseline testing and OAA	<p>To assess a range of core motor skills to determine the starting points of all new students</p> <p>To learn and develop skills in the following activity:</p> <ul style="list-style-type: none"> • Team Building – teamwork, problem solving, timed competitions.
Autumn 1 & 2	Games and Individual Activities	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"> • Association Football • Netball • Students will cover the following: <ul style="list-style-type: none"> • Game play. • Passing and possession. • Beating a player/dribbling/dodging/1 v 1. • Attacking strategies/shooting. • Defending strategies/tackling/marketing. • Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies. • Fitness - Replicate individual technique and apply theoretical concepts into practice. • Gymnastics – flight, locomotion, and balance.
Spring	Games and Individual Activities	<ul style="list-style-type: none"> • To experience game play as part of an Interform competition (Girls – Netball, Boys – Association Football). • Basketball • Association Football • Rugby • Students will cover the following: <ul style="list-style-type: none"> • Game play. • Passing and possession. • Beating a player/dribbling/dodging/1 v 1. • Attacking strategies/shooting. • Defending strategies/tackling/marketing.



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		<ul style="list-style-type: none">• Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.• Fitness - Replicate individual technique and apply theoretical concepts into practice.• Gymnastics – flight, locomotion, and balance.
Summer	Summer Games and Athletics	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none">• Tennis – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.• Rounders – fielding, bowling, batting, gameplay.• Softball – fielding, bowling, batting, gameplay.• Athletics – running (short and long distance), throwing, jumping.• To experience game play as part of an Interform competition (Girls – Rounders, Boys – Softball).