

Physical Education: Year 7 Curriculum

Curriculum Intent:

For students to acquire and develop core skills across a range of sports and activities. Acquiring these skills will ensure that students develop the necessary attributes required to progress through to Yr.8 & Yr.9. Year 7 will be centered on 'Acquiring Core Skills' giving the students a solid foundation to develop their understanding and application of skills that they will need as they progress through KS3. Students will develop their physical literacy and key concepts of how core skills can overlap into different physical activities.

Year 7 will have three points within the academic year where they will be delivered two theory lessons in that week. These will be from GCSE and Sports Studies topics and will also link to the learning acquired within their practical lessons.

	Autumn Term	Spring Term	Summer Term
Main Topic	Boys & Girls: Base Line Testing & Fitness Boys: Rugby, Dance & Gymnastics Girls: Netball & Hockey Theory Round 1 (Components of fitness & User Groups who participate in sport)	Boys: Football, Basketball, Handball Girls: Football, Dance & Gymnastics, Table Tennis & Badminton Theory Round 2 (Measuring Components of fitness & Barriers to participation in sport)	Boys: Athletics, Tennis, Striking & Fielding (Cricket) Girls: Athletics, Tennis, Striking & Fielding (Rounders) Theory Round 3 (Reasons for and limitations of fitness testing & solutions to barriers affecting participation)
Curriculum links	Content taught at GCSE level including:- - Components of fitness associated with each activity delivered (Taught in Yr.10). E.g. power and strength is associated with Gymnastics. Why do we need these fitness components? - Different methods of training (taught in Yr.10) used to improve our core skill ability in each activity. - Fitness testing to improve our fitness components (taught in Yr.10). E.g. the invasion game test we will deliver is related to the wall throw test conducted in Yr. 10 to measure co-ordination. - Effects of exercise on our bodily systems (taught in Yr.10). E.g. If we trained regularly using Plyometrics training for High Jump or Long Jump in Athletics, what would happen to our muscular system? E.g. muscular hypertrophy. - Key practical and physical skills linked to AQA GCSE PE specification for the natural transition and progression through KS3 into KS4. - Movement analysis (taught in Yr.10) e.g. we need to produce flexion at the elbow in the preparation stage of a basketball free-throw. - The INTENT of this curriculum plan will allow students to have a natural progression through each year of KS3. This will give students the foundation of each activity to then move towards more strategic and self-development tasks in Yr.8 & 9.		
Cross-curricular links	Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. Mathematics: Counting and totalling points/scores. English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being able to articulate oral responses. R.S: Developing character and personal being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity. Geography: Understanding where different activities have originated from. E.g. Dance we will look to study the 'Capoeira' style of Dance which originated from Brazil.		
Interleaving of skills	Components of fitness introduced for base line testing which will then be utilised within Dance & Gymnastics for the boys. E.g. 'Co-ordination, learnt within invasion game	Activities deliberately work in tandem alongside each other and complement one another. E.g. travelling in Basketball can be implemented within Handball. Passing skills such as overarm and bounce throws will be taught uniquely to each	Hand eye co-ordination activities such as table tennis & badminton can be built upon here when students engage in sports such as tennis, cricket & rounders. Key concepts from

	testing can be built within developing a sequence within dance & gymnastics’. Girls’ sports accommodate one another in terms of passing & receiving skills, positional awareness etc.			sport and allow students to differentiate between using in both sports.			previous terms work will be built on here. E.g. stance and body position when making contact with the ball.		
Literacy	Key words & terminology from each activity will be embedded within each lesson which are highlighted within our Schemes of Learning and key word wall in the changing rooms. Students have access to the library to gain access to further reading to do with physical activity and sport.								
Cultural capital	Physical Pupils are afforded the ability to develop not only communication skills through teamwork and leadership opportunities during each unit of study, but also improve their self-esteem and mental health through the participation and progress in 4 hours of physical activity of curriculum time, over 2 week period. Pupils' capacity to improve resilience through stretch and challenge is fundamental to their personal development, and they encounter this throughout the physical education curriculum/lessons. They can also expand upon this through participation in extracurricular clubs. Spiritual Co-operation, etiquette, team-work, fair play, values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are encouraged to develop trust in one another through partner and team activities. Social Pupils develop their social interactions through numerous contact points in lessons and extra-curricular clubs. These range from a high level of team work during lessons, to the encouragement of the social side of sporting endeavour through teams/clubs/sport day Physical The Physical education curriculum is designed to improve pupils' physical endeavour and prowess in all lessons and activities. Pupils can expand upon this through participation in extra-curricular offerings. The promotion of school/club links for increased performance opportunities is also highlighted & promoted. Moral Co-operation, etiquette, team-work, fair play values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are asked to be respectful of fellow learners, understanding that in competitive situations all ability level performers will be working together. Showing respect to the opposition and officials in competitive situations is also a key message. Cultural Promotion of how to be an effective citizen in a sporting context (team member, responsibility of role within a team) and how we represent ourselves in an extracurricular sporting environment. Use of curriculum enrichment days also help to promote and embed this.								
Gatsby Benchmark 4 (careers)	Within KS3, there are key career areas that we look to implement within our curriculum. These include:- - Theory lessons, to help with Post 14 exam course choice. Students have a greater informed decision as they can experience what a GCSE and Sports Studies lesson would be like. - PE notice board solely linked to careers and opportunities within sport because of developing knowledge and understanding within Physical Education. - National careers week. Staff share their experiences and career pathways. During this week, there is focus on how our curriculum and skills acquired can help students on their journeys into a multitude of careers within sport.								
Assessment	Fitness Assessment:- w/c 02.10.23	Rugby (Boys) Dance/ Gymnastics (Boys) Netball (Girls) Hockey (Girls) Assessments to take place w/c 13.11.23	Rugby (Boys) Dance/ Gymnastics (Boys) Netball (Girls) Hockey (Girls) Assessments to take place w/c 15.12.23	Basketball (Boys) Football (Boys) Football (Girls) Dance/Gymnastics (Girls) Assessments to take place w/c 29.01.24	Basketball (Boys) Football (Boys) Football (Girls) Dance/Gymnastics (Girls) Assessments to take place w/c 04.03.24	Handball (Boys) Badminton (Girls) Table Tennis (Girls) Assessments to take place w/c 25.03.24	Athletics (Boys) Cricket (Boys) Athletics (Girls) Tennis (Girls) Assessments to take place w/c 24.05.24	Athletics (Boys) Tennis (Boys) Athletics (Girls) Rounders (Girls) Assessments to take place w/c 15.07.24	Theory assessment to take place in Yr 7 assessment week.