

Year 7 Curriculum Map
PE

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
Unit of Learning	Football (Invasion games)	Gymnastics (Artistic) 1 week of cross-country	Basketball (Invasion games)	Netball (Invasion games)	HEALTH-RELATED-FITNESS	HOCKEY (Invasion)	TABLE TENNIS	RUGBY	ATHLETICS	TENNIS	ATHLETICS	STRIKING AND FIELDING
Unit Focus	Skills, drills, games	Skills, drills	Skills, drills, games	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games	Skills, drills, games	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games
Key Knowledge	Building on prior knowledge from KS2, the element of a larger pitch and larger sided games is taught.	Vaulting, sequences, apparatus work. Key vocabulary Timing, power, control, accuracy, technique, tension, extension, Performing to maximal levels	Building on ks2 work, pupils learn how to perform a lay-up, tip offs, position roles. Lay-up, set shot, attacking, defending, tip-off, rebound	Building on knowledge from KS2, moving on to using the full and correct rules of netball. Correct positions and where they are allowed to go on the court. Pivoting. Attacking third, Defending third, centre third, centre circle, shooting, net, pivot.	Building on knowledge learnt in ks2 pupils have a more in depth look at fitness for specific sports. Biceps, triceps, pectorals, quadriceps, gluteal, calves, trapezius, latissimus dorsi	building on KS2 work, simple games, no goalie, more rules introduced. Indian dribble, evade, direction, control,	Introduction to forehand, backhand, serve. Ladder game played. Key vocabulary Forehand, backhand, serve	RUGBY (Invasion) – building on attacking and defending principles learnt in KS2, introduction to contact, tackling, rucking, mauling, lineouts Key vocabulary Rucking, mauling, lineouts, 22-yard, kick-off,	ATHLETICS (Performing to maximal levels) - building on the same KS2 principles learning the discus, Javelin and Shot putt. Key vocabulary Javelin, discus, shot putt. Chin knee toe, make a bow, let it go.	TENNIS (Net/Wall) - Building on KS2 work, correct scoring system. Overhead serve, volleying. Correct balls. Key vocabulary Volley, wrist tension, overhead serve,	ATHLETICS (Performing to maximal levels) building on KS2 work, recording of best scores from new events, working on beating previous mark. Key vocabulary Economical, resistance,	Rounders and Cricket (Striking and Fielding) Learning advanced techniques in bowling using overarm in cricket. Tactics worked on in more depth. How to increase speed of bowling. Key vocabulary Slip, outfield, infield
SMSC	Being a team member, Sportsmanships	Appreciation of perfection, emotion	Extremes of skill, endurance, and achievements	Being a team member	Pushing yourself to the limits	Being a team member, Sportsmanship	Extremes of skill, endurance, and achievements	Being a team member, Sportsmanships	Pushing yourself to the limits	Appreciation of perfection	Personal limitation and failure	Being a team member Extremes of skill, endurance and achievements

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Experiences/CEIAG	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
How you can help your child at home	Practice skills and drills with a football to improve ball control. If they are really interested in football, consider joining a local football team.	If sufficient space, practice individual balances, forward and backward roles.	If a ball is available, practice dribbling with alternate hands. Find a local park with a ring to practice shooting.	If a ball is available, practice passing the ball with a partner, Find a local park with a ring to practice shooting.	Encourage your child to take ownership of their fitness each day covering an element of fitness for half an hour outside of school.	Hand eye coordination drills. Enquire at Redditch Hockey club if pupil is really interested.	Ball juggling skills at home. Working on hand-eye coordination.	Passing a rugby ball correctly over a varying distance.	Practice running over short, medium and long distances. Repeat repetitions to improve technique and fitness.	Ball juggling skills at home. Working on hand-eye coordination	Practice running over short, medium and long distances. Repeat repetitions to improve technique and fitness.	Ball juggling skills at home. Working on hand-eye coordination