

PE Overview Year 7

Within the first few weeks of our return, we will be working on key skills in PE to help focus and build on skills learnt during their time at Primary School. The main focus will be on basic movement skills and orienteering during the first half term. Within this area students will use a number of different skills including teamwork, cardio-vascular endurance, map reading, puzzle solving and independent learning. We are starting with this focus area due to Covid and limiting the interaction with others. All lessons where possible will be taught outside.

Across all schemes of work in PE, we will aim to promote the 4 key areas set out in the National Curriculum Programmes of Study to ensure that all students:

1. Develop competence to excel in a broad range of physical activities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy, active lives

Physical Education - Year 7 Term 1

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>All students will be taking part in the following activities:</p> <p>Orienteering</p>	<p>Knowledge</p> <p>Key specific terminology and vocabulary</p> <p>Rules and regulations</p> <p>Development of basic fundamental motor skills</p> <p>Development and understanding of key concepts/skills that be used across different sports</p> <p>Importance of warm ups and cool downs.</p> <p>Understanding</p> <p>Decision making</p> <p>Developing, adapting and refining skills</p> <p>Puzzle solving</p> <p>Map reading</p> <p>Skills</p>	<p>A clear understanding of the skills and techniques needed for the activity.</p> <p>Competent in orienteering showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill.</p> <p>A sound understanding of the rules and regulations of the sport, coupled with the ability to successfully take part in a competitive format.</p> <p>Good confidence when performing and shows a good all-round understanding of skills used.</p> <p>Students will be able to develop transferable skills that can then be applied across different sports and activities.</p>		

	Communication Teamwork			
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Physical Education - Year 7 Term 2

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>All students will be taking part in the following activities:</p> <p>Gymnastics Dance Health Related Fitness Badminton Football</p>	<p>Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports Importance of warm ups and cool downs.</p> <p>Understanding Decision making Developing, adapting and refining skills Aesthetic appreciation</p> <p>Skills Practical skills Communication Specific skills within sports: Passing</p>	<p>A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.</p>	<p>Prior skills and knowledge are re-capped. Development and refining of skills learnt within KS2. Students will have all had access to some form of gymnastics/dance lessons incorporating basic movement skills and patterns.</p>	<p>Extra-curricular clubs both during lunchtimes and after school</p>

	Receiving Moving (with/without ball) Tackling Shooting Synchronisation Counter-balance Travel/movement Cannon			
Physical Education - Year 7 Term 3				
What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
All students will be taking part in the following activities: Athletics Tennis Cricket Rounders	Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports Importance of warm ups and cool downs. Understanding Decision making Developing, adapting and refining skills Skills Practical skills Communication Specific skills within sports: Running Throwing	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.	Prior skills and knowledge are re-capped. Development and refining of skills learnt within KS2. Students will have developed basic skills and experienced a variety of simple athletic equipment. They will have had the opportunity to practice and improve in a simplistic athletic activity. Basic skills of catching, fielding and striking would have taken place.	Extra-curricular clubs both during lunchtimes and after school

	Jumping Racket skills (transferred from badminton)			
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