PE Overview Year 7

It is our intent in PE to create an inclusive curriculum that provides students with opportunities to succeed in sport and physical activity, providing knowledge and understanding of how to lead a healthy active lifestyle throughout adulthood and to provide a love of learning that inspires a lifelong involvement in sport and physical activity.

Pupils are given the opportunity to excel within a broad curriculum with a focus on improving their motor competence (in warm-ups; skills within lessons – passing etc), knowledge of rules, tactics and strategies while engaging in healthy participation.

The sequencing of our curriculum across KS3 provides opportunities for students to build their confidence, communication, resilience, and leadership skills in the broad number of sports that are offered, and skills that are learnt are transferrable across the different sports. These skills are built upon from year 7 to year 9 where more tactical based skills are learnt alongside the more technical skills.

In year 9, students are also provided with theory knowledge, which not only gives them an understanding of the topics in GCSE PE but also provides them with them with knowledge that they can use in later life with regards to their health and physical resilience.

The knowledge and skills that are learnt both theoretically and physically are continued into GCSE PE and BTEC Sport where the depth and breadth of knowledge is increased throughout KS4 and KS5.

Physical Education - Year 7 Term 1				
What are we learning?	**Our Intention – What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

All students will be taking part in the following activities: Year 7 Baseline Assessment First 4 weeks of Year 7. Gymnastics Trampolining Basketball Health Related Fitness Badminton Football Rugby	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 Problem solving Skills Communication Teamwork Tactics	A clear understanding of the skills and techniques needed for a range of activities. Developing life skills such as confidence, resilience, integrity, self motivation, self-management and communication in the knowledge of how to perform each new skill or sport covered. A sound understanding of the rules and regulations of 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.		Extra-curricular clubs both during lunchtimes and after school

Physical Education - Year 7 Term 2				
What are we learning?	**Our Intention – What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
All students will be taking part in the following activities: Gymnastics Trampolining Basketball Health Related Fitness Badminton Football Rugby	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 Aesthetic appreciation Skills Practical skills Communication Specific skills within sports: Passing	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 all had access to some form of gymnastics/dance lessons incorporating basic movement skills and patterns.	Extra-curricular clubs both during lunchtimes and after school

	Receiving Moving (with/without ball) Tackling Shooting Synchronisation Counter-balance Travel/movement Cannon			
Physical Education - Year 7 Term 3				
What are we learning?	**Our Intention – What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**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	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	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

	Specific skills within sports: Running Throwing Jumping Racket skills (transferred from badminton)	can then be applied across different sports and activities.		