

Curriculum Planning

Subject: Physical Education **Year** 7 **Ability** Mixed

Term / Date(s)	Activity 1 (6-week block of 9 lessons for 2 of the invasion activities)	Activity 2 (6-week block of 9 lessons for each activity)	Activity 3 (6-week block of 9 lessons for each activity)	Activity 4 (6-week block of 9 lessons for each activity)	Activity 5 (6-week block of 9 lessons for each activity)
Topic	Invasion Games (Rugby, Football, Netball)	Aesthetics (Gymnastics)	Net/ Wall (Table Tennis)	Striking and fielding (Rounders)	Athletics
Topic overview	To demonstrate an understanding of how to work with others to attack and score. To demonstrate understanding of how to work with others to prevent the opposition from scoring.	Gymnastics To link different movements together. To apply balance and rolls to a routine.	Table Tennis To be able to play the basic shots. To understand how to score.	Rounders To be able to strike a moving ball. To be able to bowl with accuracy.	To understand the safety elements of each event and the appropriate rules. To demonstrate an understanding of how to throw, run and jump in variety of events using different techniques.
Key Components	Students will learn: <ul style="list-style-type: none"> - how to move off the ball to create space in possession. - how to pass the ball to help their team mates keep possession. - a number of techniques to enable them to score points. - how to prevent their opponent from scoring points safely using the correct 	Students will learn: <ul style="list-style-type: none"> - how to link actions/ movements together through travel. - how to perform a variety of rolls, travel movements and gesture. - unison and canon and how to apply it to different performances. - How to perform movement phrases to music. 	Students will learn: <ul style="list-style-type: none"> - How to perform a range of serves. - How to apply the basic rules and regulations within modified games to allow them focus key skills. - the different grips and be able to perform forehand/ backhand shots to maintain a rally or win a point. 	Students will learn: <ul style="list-style-type: none"> - the cup and reverse cup technique for catching. - the under arm and over arm throwing technique. - how to strike the ball using a bat in order to bat effectively. - How to apply the basic rules and regulations within modified games. <p>This activity provides students with a number of transferable skills that can be used in a wide range of other striking and fielding games.</p>	Students will learn: <ul style="list-style-type: none"> - the basic safety rules within each activity to allow them to perform safely and avoid injury. - how to hold various equipment safely. - a number of techniques in each discipline to enable them throw, jump and run safely. - How to identify teaching points in each discipline through self or peer observation, to allow them to understand key techniques for a range of track and field events. <p>This activity gives students the opportunity to experience competitive situations and receive data based on</p>

	<p>technique to prevent injuries.</p> <ul style="list-style-type: none"> - the basic rules within a game to allow them to restart the game correctly in modified matches. <p>This activity provides opportunities for students to develop and apply transferable skills that in turn improves their sporting performance in other activities.</p>	<ul style="list-style-type: none"> - How to evaluate their own and other performances using keywords to improve and develop further. <p>This activity provides opportunities for students to develop confidence and creativity, with clear links to music and drama.</p>	<p>This activity provides students with a number of transferable skills that can be used in a wide range of other net/wall games.</p>		<p>their performance, which they can then in turn analyse in order to make improvements. This has transferable links to Maths and Science.</p>	
What pupils should already know (prior learning components)	<p>Basic knowledge of football, tag rugby and high five netball rules, unless they play sport outside of school.</p>	<p>Students will have some knowledge of forward, pencil and teddy bear rolls within gymnastics. All students will also know how to travel within a performance. Students will have knowledge of how to put together a sequence and what a sequence is.</p>	<p>Students will have limited prior knowledge of net and wall games and the rules associated with them. Students will have basic fine motor skills.</p>	<p>Students will have limited prior knowledge of striking and fielding games and the rules associated with them. Students will have basic knowledge of throwing and catching skills. Students will have basic fine motor skills.</p>	<p>Some students have a basic knowledge of running techniques when competing in sports hall athletics events. Students have developed basic fundamental skills (co-ordination, agility, balance). Some students will have experience of indoor throwing events with basic knowledge of the angle of release.</p>	
Transferrable knowledge (skills)	<p>Following through at your target when passing.</p> <p>Creating space in attack through movement off the ball.</p> <p>How to restart games through different set plays (side lines).</p> <p>Basic passing techniques.</p> <p>Basic shooting techniques.</p> <p>Knowledge and accuracy of footwork rules.</p>	<p>The use of space when creating routines.</p> <p>Unison and canon in both activities. The use of levels and directions to create a more aesthetically pleasing performance.</p> <p>Aesthetic appreciation of others works.</p> <p>Students identify strengths and areas for development in performances referring to keywords/ teaching points.</p>	<p>Hand eye coordination skills.</p> <p>Sideways stance and wide base to generate more power when striking the ball.</p> <p>Basic striking skills to enable students to hit different objects.</p> <p>Students identify strengths and areas for development in performances referring to keywords/ teaching points.</p>	<p>Hand eye coordination skills.</p> <p>Keeping your eye on the ball during both catching and striking.</p> <p>Sideways stance and wide base to generate more power when striking the ball.</p> <p>Basic striking skills to enable students to hit different objects.</p>	<p>The basic side on stance for all throwing events and angles of release.</p> <p>Understanding of body position and how this can help to generate power.</p> <p>Understanding which running events to pace themselves maintaining performance.</p> <p>Basic start positions and running techniques are the core skills across all running events.</p> <p>Basic one foot take-off techniques and two foot landing technique.</p>	
Key vocabulary pupil will know and learn	<p>Possession, triangle, diamond, movement, space, passing, dribbling, shooting, opposition, closing down, jockeying, tackling</p>	<p>Balance, levels, rolls, forward, backward, link, transition, fluency, tension, extension, cannon and unison. Expression</p>	<p>Focus, side on, follow through, base, Forehand, backhand, grip, Hand eye coordination, timing</p>	<p>Focus, side on, follow through, base, Hand eye coordination, timing</p>	<p>Safety, release, take-off, pacing, landing, co-ordination, power, speed, cardiovascular endurance</p>	

Assessment activities	<p>Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are:</p> <ul style="list-style-type: none"> - 4V4 alternate end zone game. - 2v3 attack and defence (progress to 3V3) against two goals. 	<p>Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are:</p> <ul style="list-style-type: none"> - Six action paired routine. - Thriller dance routine (groups of 4). 	<p>Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are:</p> <ul style="list-style-type: none"> - Last person standing rally competition 	<p>Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are:</p> <p>Rounders match (5-person max). All players have five bats and rotate positions (fielder, back stop, bowler, batter)</p>	<p>Students will participate in on-going assessment activities, on an event-by-event basis, that will make up an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are:</p> <ul style="list-style-type: none"> - Measure throws - Measured jumps - Timed races. 	<p>-</p>
Resources available	<p>Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.</p>	<p>Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.</p>	<p>Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.</p>	<p>Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.</p>	<p>Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.</p>	
<p>Notes</p> <p>Why this topic is important...</p>	<p>Students learn the basic skills to attack and defend, which are transferable across a number of sports.</p> <p>Students are able to understand the basic rules and how games are restarted.</p> <p>Students learn key transferable skills such as passing, movement off the ball, co-ordination, shooting, interception and tackling.</p> <p>Students learn how to safely participate in contact sports, such as rugby, allowing them to enjoy and thrive within the sport.</p>	<p>Students develop an understanding of balance, movement, flexibility and co-ordination that is key for a number of other sports.</p> <p>Students learn about tension and counter-tension, which has specific links to fitness unit of work.</p> <p>Student learn how to effectively express themselves non-verbally and develop creativity, which has cross-curricular links to drama and music.</p>	<p>Students develop their hand eye coordination (timing) in a number of different situations which are the core skills to be effective across all sports.</p> <p>Students develop their understanding of tactics and apply this to game situations.</p>	<p>Students develop their hand eye coordination (timing) in a number of different situations which are the core skills to be effective across all sports.</p> <p>Students develop their understanding of tactics and apply this to game situations.</p> <p>Students develop their ability to throw and catch, which has direct transferable links to a number of invasion games.</p>	<p>To continue to develop the fundamental skills of running, jumping and throwing.</p> <p>Develop key fundamental skills transferred between sports.</p> <p>Students gain a deeper understanding of components of fitness and how they are applied to athletics.</p> <p>Students understand how to follow rules to ensure safety.</p> <p>Students have the opportunity to experience competitive situations.</p> <p>Students are able to develop a self-awareness of their strengths and areas for development.</p>	