



## Year 7 Curriculum Grid

# Core PE

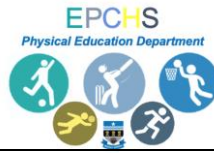


Year/Term	Unit	Intent
<b>Overall</b>		<p>To deliver lessons that cover a variety of sports to cater for all student interests.</p> <ul style="list-style-type: none"><li>• Lessons delivered at different times of the year based on seasonal weather/space/teams.</li><li>• The priority is to keep students active and engaged.</li><li>• Opportunities for leadership during warm-up and game related activities (strategies and tactics).</li><li>• Some lessons will be adapted depending on weather, space, and staffing.</li></ul>
<b>Autumn 1</b>	Baseline testing and OAA	<p>To assess a range of core motor skills to determine the starting points of all new students</p> <p>To learn and develop skills in the following activity:</p> <ul style="list-style-type: none"><li>• <b>Team Building</b> – teamwork, problem solving, timed competitions.</li></ul>
<b>Autumn 1 &amp; 2</b>	Games and Individual Activities	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"><li>• <b>Association Football</b></li><li>• <b>Netball</b></li><li>• Students will cover the following:<ul style="list-style-type: none"><li>• Game play.</li><li>• Passing and possession.</li><li>• Beating a player/dribbling/dodging/1 v 1.</li><li>• Attacking strategies/shooting.</li><li>• Defending strategies/tackling/marking.</li></ul></li><li>• <b>Badminton</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li><li>• <b>Fitness</b> - Replicate individual technique and apply theoretical concepts into practice.</li><li>• <b>Gymnastics</b> – flight, locomotion, and balance.</li></ul>
<b>Spring</b>	Games and Individual Activities	<ul style="list-style-type: none"><li>• To experience game play as part of an Interform competition (Girls – Netball, Boys – Association Football).</li><li>• <b>Basketball</b></li><li>• <b>Association Football</b></li><li>• <b>Rugby</b></li><li>• Students will cover the following:<ul style="list-style-type: none"><li>• Game play.</li><li>• Passing and possession.</li></ul></li></ul>



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		<ul style="list-style-type: none"><li>• Beating a player/dribbling/dodging/1 v 1.</li><li>• Attacking strategies/shooting.</li><li>• Defending strategies/tackling/marking.</li> <li>• <b>Badminton</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li><li>• <b>Fitness</b> - Replicate individual technique and apply theoretical concepts into practice.</li><li>• <b>Gymnastics</b> – flight, locomotion, and balance.</li></ul>
<b>Summer</b>	Summer Games and Athletics	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"><li>• <b>Tennis</b> – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.</li><li>• <b>Rounders</b> – fielding, bowling, batting, gameplay.</li><li>• <b>Softball</b> – fielding, bowling, batting, gameplay.</li><li>• <b>Athletics</b> – running (short and long distance), throwing, jumping.</li><li>• To experience game play as part of an Interform competition (Girls – Rounders, Boys – Softball).</li></ul>