

Year 7 Core PE

Curriculum intent	In Year 7 PE students will explore fundamental movement skills that form the building blocks of sport specific motor movements, they will participate in Cricket, Dodgeball, Fitness, Football, OAA (orienteering) , Dance and Athletics and rotate around these sports in 10 lesson blocks. This topic produces students who are physically literate, move with competence and confidence in a wide variety of physical activities in multiple environments. This benefits the healthy development of the whole person, and provides students with the skills, attitudes, values, knowledge and understanding for lifelong participation in sport and society as a whole. For each activity/sport students are taught the activity conventions, motor skills, rules, regulations, strategies and tactics to enable participation are taught and practised, they can articulate and demonstrate these in action and analyse their performance and others whilst understanding and applying healthy participation. Lessons include realistic 'purposeful play' related practices where appropriate, e.g. modified game-based activities to develop a particular technique.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	7- 1 Fitness/ Dodgeball 7- 2 Fitness/ Outdoor Adventurous Activities ~(OAA) 7- 3 - Fitness/ Dance Students can describe and display motor skills which are the building blocks of all games- Walking, running, stretching, bending, catching and throwing. In dodgeball, students to be taught throwing accuracy, how to catch a dodgeball and effectively block. They will understand the benefits of	7-1 Football / OAA 7- 2 Football / Dance 7- 3 Football/ Dodgeball Students will understand the primary rules, fundamental skills, and tactical problems associated with each sporting category and will become literate in a variety of games, activities and sports and develop an understanding and competency of the skills and tactics associated with playing traditional sports. In football they will understand the basic rules of gameplay, offside rule, when they can score and the areas of the pitch.	7- 1 Dance / Cricket 7- 2 Dodgeball/ Cricket 7- 3 Outdoor Adventurous Activities ~(OAA) / Cricket In OAA, they will understand they need alertness, decision making and map reading skills. Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills. In dodgeball, students to be taught throwing accuracy, how to catch a dodgeball and effectively block.	7- 1 Dance / Cricket 7- 2 Dodgeball/ Cricket 7- 3 Outdoor Adventurous Activities ~(OAA) / Cricket In OAA, they will understand they need alertness, decision making and map reading skills. Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through small teams and individual games	7- 1 Athletics 7- 2 Athletics 7- 3 Athletics Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through team events and individual events. They will evaluate tactics and strategies and analyse decisions that influence gameplay and will be able to demonstrate my performance and show a range of skills in a competitive situation in both track and field events. They will develop effective throw, refinement of technique,	7- 1 Athletics 7- 2 Athletics 7- 3 Athletics Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through team events and individual events. They will evaluate tactics and strategies and analyse decisions that influence gameplay and will be able to demonstrate my performance and show a range of skills in a competitive situation in both track and field events. They will develop effective throw, refinement of technique,

	regular exercise and will plan and lead effective warmups. They will be able to demonstrate and draw conclusions from fitness tests. Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills. In OAA, they will understand they need alertness, decision making and map reading skills.	In OAA, they will understand they need alertness, decision making and map reading skills. Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills. In OAA, they will understand they need alertness, decision making and map reading skills.	Cricket understand the basic rules of gameplay and terminology such as LBW and wickets, they will know how many players on a team and how many inning are played in full matches.	Dance, knowledge of different styles and genres of dance, physical skills, musicality and understanding how to incorporate performance skills. In dodgeball, students to be taught throwing accuracy, how to catch a dodgeball and effectively block. Cricket understand the basic rules of gameplay and terminology such as LBW and wickets, they will know how many players on a team and how many inning are played in full matches.	They will develop effective throw, refinement of technique, understand the rules regarding the throw and landing. Application of skills in track and field disciplines. Students will be able to communicate health and safety implications of such events.	understand the rules regarding the throw and landing. Application of skills in track and field disciplines. Students will be able to communicate health and safety implications of such events.
Skills	Fitness they will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength & components of fitness. Jumping, stretching, twisting, catching. Different fitness components	In football, foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, turning with the ball, running, jumping, stretching. dribbling with inside and outside of foot, use of laces when tackling,	How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. In dodgeball, students to be taught the skills of the rush and flick, throwing	By learning the primary rules, fundamental skills, and tactical problems associated with each category. They will also develop their coaching and collaboration skills throughout this activity block developing this core competency and analysing team and	Students will demonstrate fluency and autonomous movement and demonstrate that they can show control. They will accurately replicate the technique for an effective throw in field	Students will demonstrate fluency and autonomous movement and demonstrate that they can show control. They will accurately replicate the technique for an effective throw in field athletics and perform the event and

	and how they are tested, component of fitness and use in sport, how to warm up/cool down safely, looking at heart rate and what happens to it before, during and after exercise, In dodgeball, students to be taught the skills of the rush and flick, throwing accuracy, how to catch a dodgeball and blocking How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Dance skills will work on action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing)	turning with the ball, throw ins How to orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Dance skills will work on action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) In dodgeball, students to be taught the skills of the rush and flick, throwing accuracy, how to catch a dodgeball and blocking	accuracy, how to catch a dodgeball and blocking Cricket they will work on hand and eye co-ordination, throwing and catch, bowling technique, batting techniques, running, bending, stretching, overarm throwing, bowling, long barrier, basic batting stance. moving to receive the ball, positional hitting, catching and returning rolling ball, backing up play, link fielding Dance skills will work on action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing)	individual play accordingly. In dance skills, action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) Cricket they will work on hand and eye co-ordination, throwing and catch, bowling technique, batting techniques, running, bending, stretching, overarm throwing, bowling, long barrier, basic batting stance. moving to receive the ball, positional hitting, catching and returning rolling ball, backing up play, link fielding In dodgeball, students to be taught the skills of the rush and flick, throwing accuracy, how to catch a dodgeball and blocking	athletics and perform the event and record distance achieved. They will understand and appreciate the need to make decisions about refinement of technique after each throw and understand the rules regarding the throw and landing, effective throw, refinement of technique. They should understand the rules regarding the throw and landing, running, jumping, stretching, bending, sprinting, middle distance, high jump, long jump, shot put (stationary), relays, measuring and timekeeping.	record distance achieved. They will understand and appreciate the need to make decisions about refinement of technique after each throw and understand the rules regarding the throw and landing, effective throw, refinement of technique. They should understand the rules regarding the throw and landing, running, jumping, stretching, bending, sprinting, middle distance, high jump, long jump, shot put (stationary), relays, measuring and timekeeping.
Assessments	MATS The practical classwork of students will be	MATS The practical classwork of students will be assessed to check the	MATS The practical classwork of students will be assessed to check the level of	MATS The practical classwork of students will be assessed to check the	MATS The practical classwork of students will be assessed to	. MATS The practical classwork of students will be assessed to check the

	assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task.	level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task
Curiosity	https://www.britishdodgeball.org/ Astley Sports Village https://astleysportsvillage.co.uk/	Glossop Football club https://glossoprufc.com/ https://hydeschoolofdance.co.uk/ https://www.britishorienteering.org.uk/ Tameside X Country	Astley Sports Village https://astleysportsvillage.co.uk/ Heatherlea Dance school https://www.heatherleadance.co.uk/visit_us	Hollingworth Football club https://hjfc.co.uk/ Glossop Leisure Centre https://www.leisurecentre.co.uk/glossop-leisure-centre Glossop Cricket club http://glossopsport.co.uk/glossop-cricket-club Whole School Dance Production	Glossop Cricket club http://glossopsport.co.uk/glossop-cricket-club Hadfield St Andrews cricket club http://glossopsport.co.uk/glossop-cricket-club NSSW- Hikes	Tameside Athletics http://www.eastcheshireharriers.co.uk/

