

Physical Education Year 7 Curriculum Map



| YEAR 7 | Autumn | Spring | Summer |
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| Curriculum Content | <p style="text-align: center;">Orienteering</p> <p>Composite: Understand how to use knowledge, skills and understanding to overcome a range of orienteering challenges.</p> <p>Components:</p> <ul style="list-style-type: none"> • Components of a warm up and cool down • Using written instructions to follow a route • Cone course- using a basic map to find control points • Using technology to find hidden control points • Using a site map to find control points • Making choices to find the best route to a control point • Assessment- completing an orienteering course in the best possible time. <p style="text-align: center;">Badminton</p> <p>Composite: Acquire and understand how to use basic skills of badminton to play a half-court singles, demonstrating a knowledge of the basic rules.</p> <p>Components:</p> <ul style="list-style-type: none"> • The benefits of warming up and cooling down • Developing a knowledge and understanding of equipment, the court and the basic grips • Developing the backhand serve • Developing forehand and backhand returns • Developing the overhead shot • Developing an understanding of half court singles rules • Taking part in a class tournament • Evaluating performance in badminton <p style="text-align: center;">Rugby</p> <p>Composite: Acquire and understand how to use basic skills of rugby to participate in a number of small sided games.</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing warm up activities for rugby • The importance of warming up and cooling down • Developing simple running and ball carrying skills • Developing passing and running skills • Exploring mauling techniques • Exploring rucking techniques • Exploring simple tackling techniques with safety and control • Linking passing, running and tackling skills showing precision, control and fluency <p style="text-align: center;">Netball</p> <p>Composite: Acquire and understand how to use basic passing, moving and dodging skills to play small-sided and full-sized games.</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing warm up activities for netball • Developing passing and receiving skills • Developing footwork skills • Developing dodging skills • Developing shooting skills • Introduction to full sized game | <p style="text-align: center;">Trampolining</p> <p>Composite: To learn, develop and embed individual moves on the trampoline and perform them in a routine.</p> <p>Components:</p> <ul style="list-style-type: none"> • Components of fitness required for trampolining • Basic shapes • Basic drops- seat drop • More complex drops- front drop • Sequence work- what is a tariff? • Evaluating my performance in trampolining <p style="text-align: center;">Fitness</p> <p>Composite: To work independently to carry out a variety of fitness tests, evaluating strengths and areas for improvement.</p> <p>Components:</p> <ul style="list-style-type: none"> • What is cardio-vascular fitness? • What is muscular endurance? • What is agility and balance? • What is explosive leg power? • Circuit training • Designing your own circuit <p style="text-align: center;">Football</p> <p>Composite: Acquire and understand how to use basic skills of football to participate in a number of small sided games.</p> <p>Components:</p> <ul style="list-style-type: none"> • Components of fitness required for football • Developing passing- side foot • Developing dribbling, control and turning • Developing passing and moving • Developing defensive skills • Linking passing, moving and defensive skills showing precision, control and fluency | <p style="text-align: center;">Athletics</p> <p>Composite: Acquire and understand the basic skills of athletics</p> <p>Components:</p> <ul style="list-style-type: none"> • Middle distance event- 800m • Explosive leg power event- high jump (scissors kick), hurdles • Strength and power events- shot putt, discus, javelin • Sprinting events- 100m, relay <p style="text-align: center;">Rounders</p> <p>Composite: Acquire and understand how to use basic skills of rounders to play a full rounders match, demonstrating a knowledge of the basic rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing underarm and overarm throwing actions • Developing catching skills • Developing batting skills • Introducing the roles and positions in a rounders team • Developing bowling and backstop skills • Linking throwing, catching, batting and fielding skills to play a full rounders match. |

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| | <ul style="list-style-type: none"> Demonstrating skills, knowledge and understanding in a full game | | |
| Prior knowledge and skills (from previous year / key stage) | Passing and receiving skills Basic principles of attack and defence Literacy skills- following written instructions Gross motor skills- running, dodging, tackling Movement skills | Passing and receiving skills Principles of attack and defence Basic shapes- gymnastics Components of fitness- stamina, muscular endurance, balance, agility, power Ball control in football | Gross motor skills- middle distance running and sprinting Throwing actions for field events Hurdles Relay Taking measurements |
| Core Knowledge Organiser content | The components of a warm up Benefits of warming up Benefits of cooling down Keywords | The components of fitness- cardio-vascular endurance, muscular endurance, agility, balance, flexibility, speed, power. | The muscular system- deltoids, biceps, triceps, pectorals, abdominals, gluteus maximus, quadriceps, hamstrings, gastrocnemius. Muscles and movement- flexion, extension, rotation, circumduction, abduction, adduction. |
| Assessment Objectives | <p><i>Practical skills will be assessed after each unit. Knowledge will be assessed every term.</i></p> <p>Orienteering: Demonstrate how to find control points in a competitive situation.</p> <p>Badminton: Demonstrate how to play a half-court singles match against a number of opponents showing an understanding of the rule, tactics and scoring system.</p> <p>Rugby: Demonstrate a variety of skills in a small sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics.</p> <p>Netball: Demonstrate the ability to play a full game of netball demonstrating a knowledge of rules and positions.</p> | <p><i>Practical skills will be assessed after each unit. Knowledge will be assessed every term.</i></p> <p>Trampolining: Demonstrate a 10-bounce routine including basic shapes, a basic and a more complex drop, justifying the structure of the routine.</p> <p>Fitness: Complete a number of fitness tests, comparing scores with normative data.</p> <p>Football: Demonstrate a variety of skills in a small-sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics.</p> | <p><i>Practical skills will be assessed after each unit. Knowledge will be assessed every term.</i></p> <p>Athletics: Complete a number of athletics events, comparing scores with peers and year group. Demonstrate a knowledge of the rules for each event.</p> <p>Rounders: Demonstrate a variety of skills in a full game of rounders, showing a good knowledge of the rules and tactics.</p> |
| Vocabulary / Key Subject Terminology | Orienteering- north, east, south, west, orientate, control points, directions Badminton- shuttlecock, rally backhand, forehand, overhead, underarm Rugby- ruck, maul, target, ball carrier, try, attack, defence Netball- opposition, attacking, defending, footwork, chest, bounce, shoulder and overhead pass, space, shooting | Trampolining- tuck, pike straddle, seat drop, swivel hips, front drop, tariff Fitness- cardio-vascular endurance, muscular endurance, agility, balance, flexibility, speed, power. Football- attack, defence, marking, defending, delaying, passing, dribbling | Athletics- pacing, middle distance, sprinting, power, javelin, discus, shot putt, relay, scissor kick, baton Rounders- accuracy, base, technique, batting, backstop, bowler, release. extend |
| Assessment 1 | AP1- written assessment: <ul style="list-style-type: none"> Components of a warm up and cool down Benefits of a warm up and cool down | AP1- written assessment: <ul style="list-style-type: none"> The components of fitness | AP1- written assessment: <ul style="list-style-type: none"> The muscular system |
| Cross Curricular Links with other Faculties | Map skills- geography Attacking and defence- history (battles) Physiological responses to warming up- science Benefits of a warm up- PSHCE | Calculating a tariff in trampolining- mathematics Components of fitness- PSCE Analysing fitness data- science and geography | Measuring and timing- mathematics Angles- mathematics Striving for excellence/ determination- RE Mental well-being- PSHCE Muscular system- science |
| Extra-Curricular Offer | <ul style="list-style-type: none"> Football Badminton Basketball Gymnastics | <ul style="list-style-type: none"> Trampolining Football Badminton | <ul style="list-style-type: none"> Athletics Rounders Softball |

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| Time Allocation | Orienteering- 1 lesson per week- 8 weeks Badminton- 1 lesson per week- 8 weeks Netball/ Rugby 1 lesson per week- 7 weeks | Trampolining- 1 lesson per week- 6 weeks Fitness- 1 lesson per week- 6 weeks Football- 1 lesson per week- 6 weeks | Athletics - 1 lesson per week- 10 weeks Rounders- 1 lesson per week- 6 weeks |
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