



# SUBJECT PE Year 7 Curriculum Overview

The below is intended to provide a simple overview of Year 7 PE, the scheme of learning will provide the detailed exposition including literacy, SMSC, assessment, homework, learning activities and resources

Learning Focus	Assessments
<p><b>Weeks 2–6:</b> Introduction to sport at CLHS (netball, rugby, handball)</p> <p><u>Learning enquiries:</u></p> <p><b>Handball: Mixed</b></p> <p>LE1: What is handball? LE2: What are the basic skills of handball? LE3: Dribbling with the ball How do you get into space and advance up the court? LE4: How do you score a goal in handball? LE5: What do I need to do to be an efficient defender in handball? LE6: Becoming a better attacker LE7: How do I attack and defend as a team? LE8: Demonstrating my progress in drills and matchplay</p> <p><b>Rugby: Boys</b></p> <p>LE1: What are the basic FUNDAMENTAL skills of Rugby? LE2: Discovering how to pass the Rugby ball LE3: Develop knowledge and understanding of tackling technique. LE4: Develop knowledge and understanding of Rucking in rugby LE5: What is a lineout in rugby? LE6: What is scrummaging and how do I perform it? LE7: What are the different types of kicks in rugby?</p> <p><b>Netball: Girls</b></p> <p>LE1: Can you demonstrate an effective warmup and show ball familiarisation skills? LE2: How do we pass the ball effectively in Netball? LE3: What is footwork in netball? LE4: Can you identify how to find space when being marked? LE5: Can you identify how to mark in Netball? LE6: Where can all the different positions go in netball? LE7: What is the correct technique for shooting in netball? LE8: Exploring different centre passes in netball LE9: To understand Horizontal Banding and how to use it effectively in a game LE10: Explore the importance of backline passes in netball LE11: Match Play, understanding rules of netball.</p> <p><b>Key Assessment objectives / skills:</b></p> <p>Practical performance will be assessed with application in drills and games under increasing pressure. Understanding of tactics/ strategies and different roles in the sport. Evaluating own and others performance</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 7-12:</b> Developing an understanding of a key sport at CLHS (Hockey, Fitness, handball).</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each</p>
<p><u>Learning enquiries:</u></p> <p><b>Hockey: Mixed</b></p> <p>LE1: What is field Hockey? Grip &amp; Handling, ball familiarisation</p>	



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<p>LE2: Passing and receiving. Discovering how to push pass effectively and control/receive a pass correctly.</p> <p>LE3: Dribbling, To be able to develop and understand the correct technique for dribbling.</p> <p>LE4: Tackling and Defending. To perform block/jab tackles, technique in isolation and under pressure in a game</p> <p>LE5: Shooting. Develop an understanding of how to shoot a hockey ball.</p> <p><b>Boys: Handball</b></p> <p>LE1: What is handball?</p> <p>LE2: What are the basic skills of handball?</p> <p>LE3: Dribbling with the ball</p> <p>How do you get into space and advance up the court?</p> <p>LE4: How do you score a goal in handball?</p> <p>LE5: What do I need to do to be an efficient defender in handball?</p> <p>LE6: Becoming a better attacker</p> <p>LE7: How do I attack and defend as a team?</p> <p>LE8: Demonstrating my progress in drills and matchplay</p> <p><b>Girls: Fitness</b></p> <p>LE1: What is the relationship between my heart rate and how intense I exercise?</p> <p>LE2: What is continuous training?</p> <p>LE3: What is circuit training?</p> <p>LE4: What is a calorie?</p> <p>LE5: What fitness tests can I use?</p> <p>LE6: What is spinning and what type of training is it?</p> <p><b>Key Assessment objectives / skills:</b></p> <p>Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.</p> <p>Developing tactics and strategies</p> <p>Evaluating own and others performance</p>	<p>sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 13- Cross Country</b></p> <p><b>Learning enquiries:</b></p> <p>1) To complete cross country course to the best of my ability.</p> <p>All groups will complete cross country</p> <p><b>Key Assessment objectives / skills:</b></p> <p>Teamwork- it is a team effort as we run a house competition with it.</p> <p>Individual fitness and skills</p> <p>Developing tactics and strategies</p>	<p><b>Assessment</b></p> <p>Pupils will complete the run and will receive a position which will be kept on the tracker.</p> <p>The final lesson will be a race in which pupils will achieve a position for finishing. This will be recorded on the tracking document.</p>
<p><b>Weeks 14:</b> Developing sports skills and fitness in outdoor and adventurous activities</p>	<p><b>Final Assessment:</b></p> <p>This short unit is not assessed.</p>



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<p><b>Learning enquiries:</b> LE1: Developing teamwork by applying strategies and tactics to overcome challenges</p> <p><b>Key Assessment objectives / skills:</b> Developing teamwork and communication</p> <p><b>Weeks 15-19:</b> Developing sports skills, techniques and tactics in football, badminton and fitness.</p>	
<p><b>Learning enquiries:</b> <b>Boys group- football</b> LE1: Develop an understanding of the skills of Passing LE2: To develop an understanding of the basic skill of dribbling with control LE3: To develop an understanding of types of shot on goal. LE4: To be able to perform basic defensive skill – tackling. LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity.</p> <p><b>Girls group- badminton</b> LE1: Introduction to Badminton – Setting up badminton courts and court lines. LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay</p> <p><b>Mixed Group- fitness</b> LE1: What is the relationship between my heart rate and how intense I exercise? LE2: What is continuous training? LE3: What is circuit training? LE4: What is a calorie? LE5: What fitness tests can I use? LE6: What is spinning and what type of training is it?</p> <p><b>Key Assessment objectives / skills:</b> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance.</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 21-25:</b> Developing sports skills, techniques and tactics</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each</p>
<p><b>Learning enquiries:</b> <b>Boys group – fitness</b> LE1: What is the relationship between my heart rate and how intense I exercise?</p>	



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<p>LE2: What is continuous training? LE3: What is circuit training? LE4: What is a calorie? LE5: What fitness tests can I use? LE6: What is spinning and what type of training is it?</p> <p><b>Girls group – football</b></p> <p>LE1: Develop an understanding of the skills of Passing LE2: To develop an understanding of the basic skill of dribbling with control LE3: To develop an understanding of types of shot on goal. LE4: To be able to perform basic defensive skill – tackling. LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity.</p> <p><b>Mixed group- badminton</b></p> <p>LE1: Introduction to Badminton – Setting up badminton courts and court lines. LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay</p> <p><b>Key Assessment objectives / skills:</b> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Developing tactics and strategies Evaluating own and others performance.</p>	<p>sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 26-30:</b> Developing sports skills, techniques and tactics</p> <p><u>Learning enquiries:</u></p> <p><b>Boys group – badminton</b></p> <p>LE1: Introduction to Badminton – Setting up badminton courts and court lines. LE2: Basic Grip and Forehand Serve LE3: Thumb Grip and backhand serve LE4: Developing the overhead overhead clear LE5: What is the forehand overhead drop LE6: What is the net shot? LE7: Developing skills through gameplay</p> <p><b>Girls group – hockey</b></p> <p>LE1: What is field Hockey? Grip &amp; Handling, ball familiarisation LE2: Passing and receiving. Discovering how to push pass effectively and control/receive a pass correctly.</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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<p>LE3: Dribbling, To be able to develop and understand the correct technique for dribbling.</p> <p>LE4: Tackling and Defending. To perform block/jab tackles, technique in isolation and under pressure in a game</p> <p>LE5: Shooting. Develop an understanding of how to shoot a hockey ball.</p> <p><b>Mixed Group- football</b></p> <p>LE1: Develop an understanding of the skills of Passing</p> <p>LE2: To develop an understanding of the basic skill of dribbling with control</p> <p>LE3: To develop an understanding of types of shot on goal.</p> <p>LE4: To be able to perform basic defensive skill – tackling.</p> <p>LE5: To develop an understanding of how to outwit an opponent using the skills learnt using creativity.</p> <p><b>Key Assessment objectives / skills:</b></p> <p>Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.</p> <p>Developing tactics and strategies</p> <p>Evaluating own and others performance.</p>	
<p><b>Weeks 31-38:</b> Developing sports skills, techniques and tactics</p> <p>Boys- week A is athletics and B is cricket</p> <p>Girls- week A is athletics and B is rounders</p> <p>Mixed- week A is rounders and B is athletics</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p>
<p><b>Learning enquiries:</b></p> <p><b>All Groups- athletics</b></p> <p>LE1: Introduce running style (100/200/relay)</p> <p>LE2: How do you pace the 1500m?</p> <p>LE3: How do you pace the 800m?</p> <p>LE4: Is the 400m a sprint or jog?</p> <p>LE5: What is the Long Jump?</p> <p>LE6: How do I combine a hop, step and then a jump to go further?</p> <p>LE7: How do I do the high jump?</p> <p>LE8: What is the discus throw?</p> <p>LE9: What is the Shot Put? Is it a throw?</p> <p>LE10: What is the javelin throw and how do I do it?</p> <p><b>Girls group and mixed- rounders</b></p> <p>LE1: Am I confident catching and throwing a rounders ball?</p> <p>LE2: How to catch a rounders ball successfully?</p> <p>LE3: How can I develop my fielding skills in rounders?</p> <p>LE4: How do I bowl the ball in rounders?</p> <p>LE5: How do I bat the ball in rounders?</p> <p>LE6: How do I perform a short barrier?</p> <p>LE7: How do I outwit my opposing team using batting and fielding tactics?</p>	<p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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LE8: How do I referee a rounders match?

### **Boys Group- cricket**

LE1: Becoming a ferocious fielder

LE2: Becoming a cool catcher

LE3: Becoming a brilliant bowler

LE4: Becoming a super striker

LE5: Becoming a skilful striker

### **Key Assessment objectives / skills:**

Practical performance will be assessed with application in drills and games/ races under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.

Developing tactics and strategies

Evaluating own and others performance.