



Year 7 Curriculum Guide

Subject: **Physical Education**

Subject Leader: **Casandra Mckoy**

Method of assessment

Students will follow a progressive programme that will develop their knowledge over the year. Every student will be assessed formatively during each term and they will complete a summative assessment at the end of each half term. Every assessment will be done through practical work.

New Key Stage 3 curriculum method of assessment criteria:

AO1	AO2	AO3	AO4	AO5	AO6
Use of	Develop	Perform	Participation 1	Analyse	Participation 2
Tactics and strategies to overcome opponents In direct competition through team and individual	Develop Techniques and improve their performance in other competitive sports (for example, athletics and gymnastics	Dances using advanced techniques within a range of dance styles.	Take part in outdoor activities which present intellectual and physical challenges. Be encouraged to work in a team, building in trust and developing skills to solve problems either individually or as a group	Performances and compare to previous ones and demonstrate improvement.	Take part in competitive sports and activities outside school through community sports links or clubs

Overview

Students will be exposed to a wide variety of sporting activities in Year 7. The pathways students encounter differs according to teaching groups.

	Autumn Term	Spring Term	Summer Term
1st half term	Netball Demonstrate basic skills and knowledge in netball using the basic skills of passing, catching, shooting, footwork and marking.	Athletics – Field events Demonstrate knowledge and understanding of the basic skills in various athletics events, such as: javelin, shot put, long jump, triple jump and high jump,	Cricket Demonstrate basic skills and knowledge in cricket using the basic skills of catching, batting and fielding.
2nd half term	Netball Demonstrate basic skills and knowledge in netball using the basic skills of passing, catching and shooting to develop attacking and defensive play in netball.	Athletics – Track events Demonstrate knowledge and basic skills in various athletics events, such as: sprinting, middle distance running, relays and hurdles.	Cricket Demonstrate basic skills and knowledge in cricket of bowling to consolidate other cricket skills to play a full game.

Text Book/Reference/Resource guide:

<https://www.sportplan.net/drills/Netball/Ball-skills/practiceIndex.jsp>

<https://www.youtube.com/watch?v=zqnZli1EjSA>

<https://www.masterbadminton.com/badminton-basics.html>

<http://www.teachpe.com/sports-coaching/netball/netball-ball-skills/>