



Physical Education

Year Group	7					
Subject intent	In year 7, the aim is to create a love for physical education by experiencing a wide variety of different activities, developing respectful relationships, and not shying away from a challenge. Students will focus on improving their physical, social and emotional wellbeing through an engaging range of sport and physical activities. This is achieved through experiencing a range of sporting activities within specific areas (invasion, net-wall, performing at maximum, accurate replication and striking and fielding). We believe that students deserve a broad and ambitious Physical Education curriculum, rich in skills and knowledge, which develops physical, social and emotional well-being which prepares them well for future learning or employment.					
Subject Implementation	<b>Autumn 1</b> <b>Sportshall Athletics</b> <i>Different activities include individual attempts at a range of different sportshall athletics events, performed in a circuit design. Recording of times and distances. Use of ICT to analyse different techniques used for a range of events.</i>	<b>Autumn 2</b> <b>Invasion games - Netball</b> Pair and team activities focusing on a variety of skills and techniques. Small sided conditioned games, Q and A and coaching and leadership opportunities. Analysis of own and others performances to identify strengths and weaknesses.	<b>Spring 1</b> <b>Gymnastics - Floor work</b> Pair work, group work, reciprocal task cards. Use of demonstrations and partner support. Creation of sequences, analysis of work through appreciation and video footage. Extra-Curricular club to enhance movement vocabulary and skill level.	<b>Spring 2</b> <b>Net games - Badminton</b> Pair work, competitive situations, drills, Q and A. Use of reciprocal Sheets. Clips of techniques and knowledge and understanding of rules and regulations. Extra-Curricular club to enhance movement vocabulary and skill level	<b>Summer 1</b> <b>Athletics running/ jumping and throwing</b> Warm up practices to include SAQ and endurance running at the beginning of the lesson. Individual targets to improve their own ability and achievements. Competitions in each event. Analysing clips and coaching each other. Sports day, inter-school competitions, county competitions.	<b>Summer 2</b> <b>Striking &amp; Fielding - Cricket</b> Warm – up games, observations and analysis of others. Group work, individual skills. Team games in competitive situations. Reciprocal sheets and score cards.
Knowledge	Pupils will gain knowledge of the nature of sports-hall athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Pupils understand how to use information gained from analysis of confidence in	Know the basic principles of invasion games. Know the perfect model of the basic skills relevant to the sport. Know when and why to apply these skills in a game situation. Know the strategies and tactics involved in competitive gameplay. Perform 3	Know the basic principles of Athletics. Know the perfect model of the basic skills relevant to the sport. Know when and why to apply these skills in a game situation. Know the strategies and tactics involved in competitive performance.	Identify the main aspects of a good performance and will work with others in the group to discuss how performance could be improved. Physical literacy is developing.	Know the basic principles of Athletics. Know the perfect model of the basic skills relevant to the sport. Know when and why to apply these skills in a game situation. Understand the benefits of athletic based movements to fitness and of being healthy and active.	Know the basic principles of batting and fielding in cricket. Know the perfect model of the basic skills relevant to the sport. Know when and why to apply these skills in a game situation. Know the strategies and tactics involved in competitive



	movement and challenge mental capacity.	stages of a warm up knowing the reasons and benefits.			Understand the importance of heart rate and recall large muscle group names. Be able to recognise that different types of activities require different types of fitness.	performance.
<b>Skills</b>	Pupils will develop the skills necessary to compete and achieve in a number of athletic events. Pupils will develop athletic skills and accurately replicate techniques to achieve an outcome.	Pupils will build on the fundamental skills required to perform. These include catching, throwing, dodging and shooting. In all games activities, pupils are encouraged to think about how to use core skills, strategies and tactics to outwit the opposition.	Pupils will explore core skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences	Pupils will explore core skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Perform most gymnastic movements with control and will attempt to link elements together. Student will evaluate and assess movements to improve sequences	Pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances. Will explore variations in technique and use the information to become more technically proficient. Pupils will engage in performing and improving personal bests in relation to speed, height and distances.	Pupils will replicate and improve skills in batting, bowling and fielding. Pupils will work on improving the quality of replication with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived and then running between wickets to score runs.
<b>Subject Impact</b>	Pupils will gain knowledge of the nature of sports-hall athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Being able to observe performance to influence and improve their own technique	Be able to understand the concept of an invasion game and make effective evaluations of strengths and weaknesses of performance. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning).	Targeted questioning will focus on the development process of gymnastic core skills. Pupils will be able to evaluate their own and others strengths and weaknesses in a performance. Be able to suggest areas for improvement.	To understand the concept of net/court games and make effective evaluations of strengths and weaknesses in performance.	Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Pupils will be able to use information gained from analysis of performance to influence their own performance.	.Appropriate questioning on teaching points of the skills and processes developed. Skills are displayed in game play. Being able to observe performance to influence and improve their own technique
<b>Assessment</b>	Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Provide opportunities for pupils to assess their own performance and implement strategies for improvement.					