

## Year 7 Big Picture – Physical Education

<b>Autumn 01</b> <b>Weeks 1 – 7 (7 weeks)</b> <b>Autumn 02</b> <b>Weeks 8 – 14 (7 weeks)</b>	<b>Spring 01</b> <b>Weeks 15-21 (7 weeks)</b> <b>Spring 02</b> <b>Weeks 22 – 26 (5 weeks)</b>	<b>Summer 01</b> <b>Weeks 27-32 (6 weeks)</b> <b>Summer 02</b> <b>Weeks 33-39 (7 weeks)</b>
<p><b>Content:</b> Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Football, Tag Rugby, Trampoline, Basketball and Badminton.</p> <p>Girls groups will take part in Netball, Trampoline, Badminton and Football.</p> <p>During Invasion Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core sending and receiving skills in isolation and small group settings</li> <li>➤ Individual attacking and defending skills</li> <li>➤ Simple tactics</li> <li>➤ Basic rules</li> </ul> <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core hand-eye coordination and footwork skills</li> <li>➤ Serving and returning skills, predominantly forehand</li> <li>➤ Serving and returning tactics</li> <li>➤ Basic rules</li> </ul> <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Fundamental skills such as shapes, balances, twists, turns &amp; landings</li> <li>➤ Understand the Health &amp; Safety</li> <li>➤ Individual sequencing of routines</li> </ul>	<p><b>Content:</b> Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Trampoline, Basketball and Badminton.</p> <p>Girls groups will take part in Tchoukball and Tag Rugby.</p> <p>During Invasion Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core sending and receiving skills in isolation and small group settings</li> <li>➤ Individual attacking and defending skills</li> <li>➤ Simple tactics</li> <li>➤ Basic rules</li> </ul> <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core hand-eye coordination and footwork skills</li> <li>➤ Serving and returning skills, predominantly forehand</li> <li>➤ Serving and returning tactics</li> <li>➤ Basic rules</li> </ul> <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Fundamental skills such as shapes, balances, twists, turns &amp; landings</li> <li>➤ Understand the Health &amp; Safety</li> <li>➤ Individual sequencing of routines</li> </ul>	<p><b>Content:</b> Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Tchoukball, Cricket &amp; Athletics.</p> <p>Girls groups will take part in Badminton, Trampoline, Rounders and Athletics.</p> <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Fundamental skills such as shapes, balances, twists, turns &amp; landings</li> <li>➤ Understand the Health &amp; Safety</li> <li>➤ Individual sequencing of routines</li> </ul> <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core hand-eye coordination and footwork skills</li> <li>➤ Serving and returning skills, predominantly forehand</li> <li>➤ Serving and returning tactics</li> <li>➤ Basic rules</li> </ul> <p>During Athletics events, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core fundamental techniques of running (speed and endurance),</li> <li>➤ jumping (for distance and height) and</li> <li>➤ throwing</li> </ul>

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	<p>During Striking &amp; Fielding Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core skills of striking, throwing, catching, and stopping the ball</li> <li>➤ Simple tactics</li> <li>➤ Basic rules</li> </ul>	<p>During Striking &amp; Fielding Games, students will focus on:</p> <ul style="list-style-type: none"> <li>➤ Core skills of striking, throwing, catching, and stopping the ball</li> <li>➤ Simple tactics</li> <li>➤ Basic rules</li> </ul>
<p><b>Assessment Objectives</b> Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p><b>Mini Test 1 for FOOTBALL</b> <b>CORE TASK 2v1:</b> Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal</p> <p><b>Mini Test 1 for NETBALL/BASKETBALL</b> <b>CORE TASK 3v2:</b> Students’ knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation</p> <p><b>Mini Test 1 for Tag RUGBY</b> <b>Core Task – Tagging</b> Students in teams will attempt to outwit their opponent by defending their tags</p> <p><b>Mini Test 1 for TRAMPOLINING</b> <b>CORE TASK 5 Bounce Routine</b> Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work</p>	<p><b>Assessment Objectives</b> Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p><b>Mini Test 1 for FOOTBALL/TCHOUKBALL</b> <b>CORE TASK 2v1:</b> Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal</p> <p><b>Mini Test 1 for NETBALL/BASKETBALL</b> <b>CORE TASK 3v2:</b> Students’ knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation</p> <p><b>Mini Test 1 for Tag RUGBY</b> <b>Core Task – Tagging</b> Students in teams will attempt to outwit their opponent by defending their tags</p> <p><b>Mini Test 1 for TRAMPOLINING</b> <b>CORE TASK 5 Bounce Routine</b> Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work</p>	<p><b>Assessment Objectives</b> Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p><b>Mini Test 1 for TRAMPOLINING</b> <b>CORE TASK 5 Bounce Routine</b> Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work</p> <p><b>Mini Test 1 for BADMINTON</b> <b>CORE TASK – Singles Game</b> Students will play a singles match starting with a serve and use a variety of shots within a rally.</p> <p><b>Mini Test 1 for CRICKET</b> <b>CORE TASK Diamond Cricket</b> Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.</p> <p><b>Mini Test 1 for ATHLETICS</b> No Core Task but students’ performances in sprints, middle distance, throws and jumps will be measured against time and distance</p>

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**Mini Test 1 for BADMINTON**

**CORE TASK – Singles Game**

Students will play a singles match starting with a serve and use a variety of shots within a rally

**Mini Test 1 for BADMINTON**

**CORE TASK – Singles Game**

Students will play a singles match starting with a serve and use a variety of shots within a rally

**Mini Test 1 for TCHOUKBALL**

**CORE TASK 3V1:**

3 v 1 attacking finishing with a shot at goal.  
Defending Delay and Deny.

**Mint Test 1 for ROUNDERS**

**CORE TASK Game**