

Year 7 Physical Education - Curriculum Overview

AUTUMN TERM	
Teaching Games for Understanding	<p>Pupils will learn the fundamental concepts of all games sports through a range of activities using a range of equipment. The focus will be on:</p> <ul style="list-style-type: none"> • Support and possession, sending objects, travelling, attacking with width, counterattack, defending space, pressing.
Gameplay	<p>Pupils will learn how to apply above fundamental concepts in line with the technical and tactical knowledge necessary to overcome opponents in a variety of invasion games e.g. handball, hockey, football, netball, tag rugby.</p>
Net/Wall Games 1	<p>Pupils will look to build the foundations for the following key aspects:</p> <ul style="list-style-type: none"> • Footwork, positioning, hand-eye coordination, shot selection and execution, awareness of opponent's strengths and weaknesses.
SPRING TERM	
Athletics (Technique and Fitness)	<p>Pupils will aim to build confidence and ability in the fundamental movement skills necessary to compete in all sports along with the fitness levels needed to perform these skills at full potential.</p>
Body in Motion (Dance)	<p>Pupils will learn, through dance, the ability to show:</p> <ul style="list-style-type: none"> • Creative and expressive actions, compositional skills, choreography.
OAA/Team Building	<p>Pupils will be given the opportunity to participate in activities that will aid in the progress of:</p> <ul style="list-style-type: none"> • Navigational skills, problem solving, verbal and non-verbal communication, team work etc.
Body in Motion (Gymnastics)	<p>Pupils to learn how to complete movements in a safe and aesthetically-pleasing manner using the following concepts:</p> <ul style="list-style-type: none"> • Body awareness, development of floor work, individual balances, intro to flight, partner balances.
Sports Science (Classroom)	<p>Pupils to learn the basic knowledge and terminology of the bodily systems and their uses in sport along with the effects of exercise on the body.</p>

SUMMER TERM**Athletics (Performance)**

Pupils will learn the specific technical requirements to compete a variety of athletics events to the best of their physical capabilities. This will focus on:

- Techniques (running, jumping, throwing), maximising performance, fitness requirements for each event, pacing, tactical understanding.

Striking and Fielding (TGfU)

Pupils will learn how to navigate the rules of a variety of striking and fielding games with the use of a striking implement and a ball. Lessons will include the following:

- Techniques (throwing, catching, striking, running), spatial awareness, understanding of opponent's position, anticipation, hand-eye coordination, communication, tactical understanding.