



Y7 Curriculum Map: PE

Timing	Unit	Core content	Core objectives	Key Skills (not PLTS)
Autumn 1 (3 weeks)	Baseline testing (6 lessons)	<ul style="list-style-type: none"> Dynamic flex warm up Games to include benchball, football, and bucketball Sustained running/sprinting activities 	<ul style="list-style-type: none"> Pupils participate in a variety of activities both individual and team to establish their skill levels, fitness level and understanding of rules and tactics Pupils will understand how to warm up safely and be able to do this by themselves or in a small group 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Tolerance Understanding individual differences
Autumn 1 & 2 (7 weeks)	Basketball (7 lessons)	<ul style="list-style-type: none"> Key skills to include passing and receiving, pivoting, stopping, dribbling, shooting (Set shot) and rebounding, creating space and marking Games to include benchball, possession games, half-court games and 3 V 3 	<ul style="list-style-type: none"> To learn and develop the key skills for basketball To use the skills with consistency and accuracy in the game to outwit the opposition To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games 	<ul style="list-style-type: none"> Rules Communication Peer coaching
	Rugby (7 lessons)	<ul style="list-style-type: none"> Key skills include passing from the hip, stationary and moving, receiving, forward running into space, tackling, taking the ball into contact, presenting the ball on the ground, support play and alignment Games to include tag games with and without movement and small sided games 	<ul style="list-style-type: none"> To learn and develop the key skills for rugby Pupils understand the concept of gaining ground whilst passing the ball backwards Pass and catch consistently whilst running forwards Attack space Tackle safely To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games Understand the off side rule at the tackle situation Understand the playing positions of the 'backs 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Offside Peer coaching
Autumn 2 & Spring 1 (7 weeks)	Football (7 lessons)	<ul style="list-style-type: none"> Key skills include passing using different parts of the foot, both stationary and moving, control (first touch), dribbling, turning, finishing, 	<ul style="list-style-type: none"> To learn and develop the key skills for football Pass the ball on the ground with consistency when stationary Develop a good 1st touch by cushioning the ball To show awareness of teammates Understand the principles support, how to create and use space, 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics



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Autumn 2 & Spring 1 (7 weeks)	Badminton (7 lessons)	<ul style="list-style-type: none"> marking Games to include small possession games with/without defensive pressure, target games, uneven number games, small sided invasion games (up to 5 v 5) Forehand and backhand grip Ready position – receiving 1 v 1 cooperative rallies Serving short and high forehand and/or backhand Overhead clear. How to achieve power – hit to the back of the court. Net shot - rallies cooperative/competitive Games to include cooperative rallies and competitive singles ½ court games 	<ul style="list-style-type: none"> use width in attack and keeping possession Understand how to defend – principles of marking, denying space and pressure To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games To learn a range of shots in order to keep a rally going and to outwit an opponent To learn the correct grip to play shots on the forehand and backhand sides Understand the importance of the ready position To play longer cooperative rallies using overhead and underarm shots Understand the court area and rules regarding the service in ½ court games Understand how to use tactics to move their opponent in order to outwit their opponent and win points or force a mistake 	<ul style="list-style-type: none"> Rules Communication Anticipation Peer coaching Preparing safely Cooperation Tactics Footwork Anticipation Peer coaching Umpiring
Spring 1 & 2 (7 weeks)	Hockey (7 lessons)	<ul style="list-style-type: none"> Key skills to include push pass, receiving from in front and from the side Dribbling, stopping and turning Tackling technique - rules regarding tackling Passing on the move –receiving on the open and reverse sides Games to include possession games 	<ul style="list-style-type: none"> To learn and develop the key skills for hockey To learn the grip to play the push pass – Increase distance of push whilst maintaining accuracy Understand how to position the body to receive a pass. How to cushion control. Planning next pass – where to receive in order to do this effectively Understand the technique for moving with the ball. Turning on the open and reverse sides- turn away from opponent Understand the principles support, how to create and use space, 	<ul style="list-style-type: none"> Preparing safely Cooperation Tactics Footwork Anticipation Peer coaching Umpiring



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Spring 1 & 2 (7 weeks)	Gymnastics (7 lessons)	<ul style="list-style-type: none"> (3 V 1, 4 V 2, 5 V 3), target games, uneven numbers and invasion games (up to 5 V 5) Gymnastics specific warm up Balance - Large and small body parts Select and link balances focus on the key performance factors Rolling - forward and backward. Other variations shoulder and sideways rolls Taking weight on hands – handstand cartwheel and headstand Planning a sequence on the floor to include simple and more complex balances and rolling actions Partner floor work 	<ul style="list-style-type: none"> use width in attack and keep possession Understand how to defend – principles of marking, denying space and pressure To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games To learn and refine a range of gymnastics skills and actions individually and as part of a fluent sequence on the floor Understand the following key terms balance, tension, extension, fluency, control, symmetry and apply this knowledge in their work Show an understanding of compositional principles when planning a gymnastic sequence Compare and contrast their own performance and that of others Plan and perform sequences on the floor with a partner showing an understanding of cannon and synchronisation 	<ul style="list-style-type: none"> Preparing safely Balance Travelling Sequences Choreography Perseverance Peer coaching
Spring 2 (3 weeks)	Fitness (4 lessons)	<ul style="list-style-type: none"> Warm up and cool down Pulse rates at rest and after exercise Sustained running and sprinting activities Circuit training 	<ul style="list-style-type: none"> Pupils will understand why warm ups are necessary and what they should include Pupils will learn about the short term effects of exercise on the body Pupils will understand how the body responds differently to different types of exercise Pupils will be able to identify different muscle groups and know how to stretch them Pupils will understand why physical activity is good for health 	<ul style="list-style-type: none"> Preparing safely Mental determination Pacing
Summer 1 (6 weeks)	Athletics (12 lessons)	<ul style="list-style-type: none"> Events include: <ul style="list-style-type: none"> Shot putt and javelin or discus, High jump - Scissors and Fosbury 	<ul style="list-style-type: none"> To learn and develop running, jumping and throwing techniques in a range of athletics events Identify, describe and replicate good sprinting and starting 	<ul style="list-style-type: none"> Preparing safely Mental determination



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	Athletics (12 lessons)	<ul style="list-style-type: none"> • Long jump • Triple jump • Relay • Hurdles • Middle distance running • Sprinting • How to measure jumps and throws • How to time a sprint race • Rules of the events 	<p>techniques</p> <ul style="list-style-type: none"> • To refine baton changeover technique in the relay • To show mental determination when completing sustained running athletics events • Know the rules regarding the take-off and landing in the jumping events • Learn a 3 stride step pattern over at least 3 hurdles • Coordinate an effective run-up and take off in the jumping events • Understand and apply all safety rules whilst performing the throwing events • Learn the basic fundamentals when performing standing throws in the discus, shot putt and javelin • To learn the main rules and laws of the different events and use this knowledge when performing 	<ul style="list-style-type: none"> • Pacing • Timing • Consistency • Safety
Summer 2 (6 weeks)	Rounders (6 lessons)	<ul style="list-style-type: none"> • Basic underarm throwing and catching • How to absorb the impact • Bowling technique - rules regarding no balls • Overarm throw high or flat and fast • Batting – stance, back lift, contact and follow through • Fielding – catching the low catch, intercepting and fielding the rolling ball • Games include bucketball, 3 ball throw, rounders games 	<ul style="list-style-type: none"> • To grip the bat correctly, position the body and feet to be able to hit the ball frequently • Hit the ball with more consistency to their preferred side • Bowl with reasonable accuracy and vary the speed of the bowl • Field securely by intercepting and catching the ball and throw accurately over short distances • Identify strengths and weaknesses in individual performance and team play • To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games • Understand and apply tactical understanding – where to throw and how to restrict the batters scoring 	<ul style="list-style-type: none"> • Cooperation • Teamwork • Tactics • Rules • Peer coaching



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Summer 2 (6 weeks)	Cricket (6 lessons)	<ul style="list-style-type: none"> • Batting grip, stance, back swing • Front foot drive • Front foot defensive shot • Pull shot • Underarm feed • Overarm bowling • Underarm and overarm throwing • Games include front foot and pull shot games and clock cricket 	<ul style="list-style-type: none"> • To learn and develop the key skills for cricket • Understand how to grip and adopt the correct batting stance. • How to play straight and off the front foot • How to keep the ball on the ground • Understand the rules and techniques of overarm bowling. • Bowl with reasonable accuracy from a standing position and later with a short run-up • Field securely by intercepting and catching the ball and throw accurately over short distances • Understand how to carry the bat when running between the wickets • Know the different ways to get the batsman out 	<ul style="list-style-type: none"> • Preparing safely • Cooperation • Teamwork • Tactics • Rules • Peer coaching

Throughout their study of PE pupils will be encouraged to develop the following key skills:

- Bring correct P.E kit to all lessons
- Actively participate in all lessons as a performer, leader, coach or an official
- Communicate their ideas with confidently using the correct terminology
- Listen to the views and ideas of others
- Show consideration of individual differences
- Cooperate and be tolerant of others
- Help each other and suggest ways in which they and their team could improve.