irriculum C	ontent wap			*		
	1		Term 1	Term 2	Term 3	
			Football Rugby	Handball Fitness	Athletics Rounders	
	~		Netball Fitness	Dance Table Tennis	Cricket	
	Work		OAA	lable Tennis Hockey	Softball Tennis	
	Units of \					
		e 3 Links	 Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	Use a range of tactics and strategies to overcome opponents in direct competition throug and individual games.	
sion	-	stage	 Develop their technique and improve their performance. 	 Develop their technique and improve their performance. 	 Develop their technique and improve their performance. 	
	atior	Keyst		Analyse their performances compared to previous ones and demonstrate improvement to achieve		
	Specification	Specific National Curriculum	achieve their personal best.	their personal best.	their personal best.	
	Substantive Knowledge	The What!	Within Year 7, Physical Education lessons focus on developing the substantive knowledge required for students to develop as physical athletes. Students will learn the fundamentals in movement; throwing and catching, hand-eye coordination, foot-eye coordination, running, jumping and be able to perform tasks while moving. Students will access the following curriculum activities in Year 7; Football, Netball, Rugby, Hockey, Handball, Tennis, Table Tennis, OAA, Rounders, Cricket, Softball, Tennis and Athletics.			
			Students are taught the fundamentals of Physical Education, with each activity being broken down into the key fitness and skill components that will be required to compete in each individual activity in future years. There will also be an introduction in the specific techniques required with sport. Specifically, students will build their skill levels and understanding of fundamentals in throwing/catching, hand-eye and foot-eye coordination and performing these tasks while moving.			
			Activity specific knowledge is as follow;			
S	Disciplinary knowledge The How/		Invasion and Striking and Fielding;			
Cultural Transmission				 Develop ability to vary skills, actions and ideas and link these in ways that suit the games activ 	ity.	
			Begin to communicate with others during game situations. Practices are completed that encourage the use of skills with co-ordination and control.			
				 Beginning to understand how to compete in a controlled manner. 		
		"		 Students will begin to independently carry out different skills. Outdoor Adventurous Activities; 		
Ľ,		ļмоң		Develop listening and communication skills Enhance problem solving skills, including map skills		
\vdash		The		Enhance problem solving skills, including map skills Discuss and work with others in a group		
Ē				Demonstrates an understanding of how to stay safe Athletics		
Ľ				Develop the ability to run at speeds appropriate for the distance. e.g. sprinting and cross count	try	
<u> </u>				 Perform a running jump with some power and accuracy Performs a variety of throws using a selection of equipment (differentiated tasks) 		
Ę				 Can use equipment safely and with good control. 		
7			Dance;			
0			Within Year 7 dance, students will discover a range of different styles through studying a range of professional works. During the academic year our broad and ambitious curriculum allows students to build upon key knowledge about performing, choreographing and appreciating dance are exposed to existing work from a range of cultures and are supported in their learning through demonstrations and guided practise.			
			Retrieval	Retrieval.	Retrieval	
			Within our main feeder schools, students cover a broad and varied curriculum, including:	Pupils will have developed a number of transferable skills within their first term, allowing them to	Pupils will have covered a number of different team sports allowing them to develop their	
			Football, Hockey, Tag-Rugby, Swimming, Dance, Gymnastics, Crickets, Tennis and Athletics.	focus more on sports specific skills.	work within groups working towards a common goal. They will have also further develope	
	5	ion	However, the consistency and depth of learning across these schools is not fully embedded.	Extension	transferable skills which is vital to their progress throughout school PE.	
	(Flow)	ktension	However, the consistency and depth of learning across these schools is not fully embedded. Extension Throughout year 7 pupils will be looking specifically at basic rules and skills within a range of	Extension Throughout this term year 7 pupils will be continue the development of their transferable skills whilst looking specifically sports specific skills within a range of sports including, handball, fitness,	transferable skills which is vital to their progress throughout school PE. Extension Pupils this term will be looking specifically at summer sports such as athletics, cricket, soft	
	icing (Flow)	8 Extens	However, the consistency and depth of learning across these schools is not fully embedded. Extension	Extension Throughout this term year 7 pupils will be continue the development of their transferable skills	transferable skills which is vital to their progress throughout school PE. <u>Extension</u> Pupils this term will be looking specifically at summer sports such as athletics, cricket, soft tennis and rounders. This will provide pupils a chance to participate in individual sports du athletics, this will allow pupils to develop their ladestich jskills through providing peer on their statestics.	
	:quencing (Flow)	8 Extens	However, the consistency and depth of learning across these schools is not fully embedded. <u>Extension</u> Throughout year 7 pupils will be looking specifically at basic rules and skills within a range of sports including, invasion games. Students will learn the fundamentals in movement; throwing and catching, hand-eye coordination, foot-eye coordination, running, jumping and being able to perform tasks while moving. The basic skills are required in order to enable	Extension Throughout this term year 7 pupils will be continue the development of their transferable skills whilst looking specifically sports specific skills within a range of sports including, handball, fitness, dance table tennis and hockey. In order to prepare for their year 8 lessons pupils will be required to	transferable skills which is vital to their progress throughout school PE. <u>Extension</u> Pupils this term will be looking specifically at summer sports such as athletics, cricket, soft tennis and rounders. This will provide pupils a chance to participate in individual sports du athletics, this will allow pupils to develop their leadership skills through providing peer on feedback. Pupils will need to focus on the rules within the new sports for this term, pupils	
	Sequencing (Flow)	Extens	However, the consistency and depth of learning across these schools is not fully embedded. <u>Edension</u> Throughout year 7 pupils will be looking specifically at basic rules and skills within a range of sports including, invasion games. Students will learn the fundamentals in movement; throwing and catching, hand-eye coordination, foot-eye coordination, rook-eye coordination, tools	Extension Throughout this term year 7 pupils will be continue the development of their transferable skills whilst looking specifically sports specific skills within a range of sports including, handball, fitness, dance table tennis and hockey. In order to prepare for their year 8 lessons pupils will be required to	transferable skills which is vital to their progress throughout school PE. <u>Extension</u> Pupils this term will be looking specifically at summer sports such as athletics, cricket, soft tennis and rounders. This will provide pupils a chance to participate in individual sports du athletics, this will allow pupils to develop their leadership skills through providing peer on feedback. Pupils will need to focus on the rules within the new sports for this term, pupils	
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	Sritish Link to Skill Skill Link to Virtue Virtue Skill Skil	curent Transferable skills The opportunity to reflect, think deeply and Retrieval & Extern critically about an issue.	However, the consistency and depth of learning across these schools is not fully embedded. Extension Throughout year 7 pupils will be looking specifically at basic rules and skills within a range of sports including, invasion games. Students will are the fundamentals in movement; throwing and catching, hand-eye coordination, foxt-yee coordination, running, jumping and being able to perform tasks while moving. The basic skills are required in order to enable future PE lessons to enable a more in depth look at tactics and sports specific skills. Friendliness and Civility (September) Justice and Truthfulness (October) Courage (November) Generosity (December) Friendliness and Civility - Peer support within lessons, allowing for constructive feedback resulting in peer and group development Justice and Truthfulness - When working within groups and within competitive situations pupils will be expected to be truthful and display sportsmaship. Problem Solving - Understanding how the to tactically play different sports. Generosity - Looking at tge . Listening(September) Leadership(October) Creativity(December) Creativity(December) Courage - Being honest about their skills and confidence levels within lessons whilst trying to apply new skills within groups of coming up with and demonstrating basic fundamental skills and tactics. Enable students to acquire a broad general knowledge of and respect for public institutions and services in England. Enable students to develop their self-knowledge, self-esteem and self-confidence.	Extension Throughout this term year 7 pupils will be continue the development of their transferable skills whilt looking specifically sports specific skills within a range of sports including, handhall, fitness, dance table tennis and hockey. In order to prepare for their year 8 lessons pupils will be required to begin to think about the tactics and techniques required within game situations. wills based on Edescel GCSE specification, as this is the course that is used for GCSE PE when the stude Gratitude (January) Good Speech (February) Good Speech (February) Good Speech (February) Good Temper (March) Gratitude - Being grateful for the broad traditions in art around the world. Good Speech - Thinking about how we speak to one another when giving critical feedback through per assessment. Good Temper & Good Humour - Keeping calm when using specialist equipment and understanding that it takes time to perfect this. Staying Positive (January) Speaking(February) Staying Positive (March) Staying Positive – Staying positive when learning a new and difficult skill. Speaking (February) Staying Positive – Using feedback in a positive way relating to the development and learning of new skills and techniques. Encourage respect for other people. Encourage respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in England.	Extension Pupils this term will be looking specifically at summer sports such as athletics, cricket, soft tennis and rounders. This will provide pupils a chance to participate in individual sports du athletics, this will allow pupils to develop their leadenth skills through providen peer on feedback. Pupils will need to focus on the rules within the new sports for this term, pupils have the opportunity to develop cross curricular skills such as taking measurements, timin equations. Self-Mastery (April and May) Compassion (June) Good Sense (July) Self-Mastery – Understanding how the use of three-dimensional materials can be used. Compassion – Considering the traditions of others and how they better our world. Good Sense – Working with others of different beliefs with care and consideration. Mining High (April and May) Speaking(June) Teamwork (July) Aiming High – looking to develop skills to the highest level possible and apply them within contested situation. Speaking— using communication as a tool within each sport to provide effective and effici information to heip peers. Teamwork – Reviewing and evaluating each other's work. Developing ideas for outcor pieces.	