



Year 7 PE Curriculum Map

Overview	Students will learn the fundamental techniques and skills that can be transferred between team and individual sports. The first four modules of work in Year 7 (studied from September to February) act as a baseline level of assessment and allow students and staff the opportunity to make informed decisions about current level of competency. Throughout the year students will have the opportunity to take part in a range of competitive inter house activities that culminates with Sports Day, the extensive extra-curricular programme further supports students' learning. Students will begin to learn theoretical elements of our exam courses through their practical lessons. For example the components of a warm up.					
Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gymnastics	Rugby/Netball	Football/Handball/	Dance	Cricket	Athletics
Knowledge	How to present, perform basic balances and movements within a sequence.	Attacking and defending principles of play, understand some of the rules of the game.	Attacking and defending principles of play, understand some of the rules of the game.	Basic dance actions, motif development exploration of Action, Space, Dynamics and Relationships and styles of dance.	The technique of bowling from the base position, when to use different fielding methods such as long barrier and two handed pick up, range of attacking and defensive shots.	Fundamental throwing technique, develop running technique, how speed and height combine to affect height in horizontal and vertical jumps.
Skills	Individual and group balances, inverted balances and control of skills within performance.	Basic key skills for each sport, hand eye coordination, how to outwit an opponent, how to defend 1v1.	Basic skills for each sport, build on the attacking and defending principles of play learnt in the previous module, explore what happens when possession changes and what to do at set plays.	Creating motifs and dances using basic actions and ASDR. Performing dances in a range of different styles.	Bowl from the base position, basic batting stance, straight drive, cover drive, pull shot, forward defensive, long barrier, two handed pick up, high and low catching technique.	Practice the skills to become competent runners, jumpers and throwers.