

Year 7	Key Topics	What will ALL students learn?	What will the most able students learn?	What is the key piece of Assessment/Rich task?	Areas of Challenge and GCSE work	
Initial 4 lessons	Boys, Girls, Mixed – Introduction to games and fitness.	Students will undertake the Multistage Fitness Test, basketball skills game, circuit training and basketball tournaments to assess their initial level in PE.				
Block 1	Boys - Football	<p>Make accurate passes and some accurate longer passes. When receiving the ball from long distance there is lack control. Dribble the ball effectively, though in a game situation the skills are less effective. Rarely beat a defender.</p> <p>Recognise what is good football performance and use this to try and improve own performance.</p> <p>Describe what the effects of playing football can have on your body.</p>	<p>Demonstrate a range of passing techniques and can control the ball when dribbling and receiving. Students are more effective in a game situation, attempting to beat defenders using dodge techniques, though still with little success.</p> <p>Will be able to comment on the strengths and weaknesses of your own and others' performances and you can take on a variety of different roles such as the referee or coach.</p> <p>Can identify fitness needs of different roles in the game.</p>	<p>Learn and develop skills for the activity.</p> <p>Apply skills to increasing challenging situations.</p> <p>Apply and make decisions during a game.</p>	<ul style="list-style-type: none"> • Students planning tactics and the use of different formations. • Refereeing a competitive game. 	
	Girls - Netball	<p>Passing and catching skills show some improvement in accuracy and consistency and footwork is generally good in a game.</p> <p>Apply simple dodging tactics in a game and select the appropriate pass for the situation.</p> <p>Recognise what is good netball</p>	<p>Show fluency and accuracy in netball play.</p> <p>Show a basic understanding on attack and defensive principles and demonstrate knowledge of the rules and tactics.</p> <p>Comment on the strengths and weaknesses of your own and other</p>		<ul style="list-style-type: none"> • Students analyzing a competitive game, identifying the strengths and weakness of a player. • Umpiring a 	

		performance and use this to improve your own performance. Describe what the effects of playing netball can have on your body.	players' game and can take on a variety of roles including the umpire, coach and scorer. Identify the fitness needs of the different roles in the game.		competitive game.
	Mixed - Badminton	Vary the angle and distance of shots in a rally, but the performance sometimes breaks down under the pressure of a game. Sometimes select shots that help to give an advantage in a game. Umpire a game effectively and give basic coaching advice. Describe how other forms of exercise can help to improve badminton performance.	Perform a range of accurate shots during a rally, even when under pressure. Aware of positioning on court during singles and doubles. Plan ways to improve own and others' performance. Show a good level of fitness during the game and can plan a badminton specific training programme.		<ul style="list-style-type: none"> • Students demonstrate a range of shots in isolated practices. • Use the correct serving and scoring system for doubles and singles.
Block 2	Boys – Basketball	Passing skills show some improvement and dribbling becomes more effective, but fails to dribble past opponent 1v1. Become more effective in a game. Passing becomes more accurate and students begin to make some interceptions in defence. Recognise what is good basketball performance and use this to improve own performance. Describe what the effects of playing basketball can have on the body.	Show good control when dribbling in practice and game situations and use a variety of passes, though not all will be accurate. Attempt a lay up shot, though it is not technically accurate. In a game situation, more effective in man to man defence and have a basic understanding of attack and defence principles. Comment on the strengths and weaknesses of your own and other players' game. Perform a basketball specific warm up and cool down.	Learn and develop skills for the activity.	<ul style="list-style-type: none"> • Students planning tactics and the use of different types of defending (zone & man to man) • Refereeing a competitive game in pairs working as trail and lead.

				Apply skills to increasing challenging situations. Apply and make decisions during a game.	
	Girls – Tag rugby	Combine moving and passing the ball showing a correctly weighted short, flat pass. Show basic punting of a rugby ball using the correct part of the foot and holding the ball correctly. Show basic tackling from the side or rear.	Show basic sidestepping and swerving. Have some understanding of the roles of forwards and backs during a game. Accurately perform a flat pass and spin pass over a short distance. Understand the principles of and can show average decision making skills e.g. 2v1. Show fair tackling skills from side front or rear.		<ul style="list-style-type: none"> Students develop precision, control and fluency in passing, running with and receiving the ball.
	Mixed – Healthy and active lifestyles	Show basic understanding of the components of fitness, and attempt to link how an aspect of physical activity can improve a specific component of fitness. Will be able to complete an appropriate active warm up and be able to comment on the benefits of a healthy lifestyle.	Will be able to link physical activity with specific components of fitness and will be able to comment on how different activities will contribute to a healthy lifestyle. Will be able to lead an active warm up and be able to administer some aspects of fitness testing.		<ul style="list-style-type: none"> To complete a range of exercises correctly. To explain the effects of exercise on the body. To be able to record HR. To experience the difference between aerobic and anaerobic exercise.

<p>Block 3</p>	<p>Boys – Rugby</p>	<p>Combine moving and passing the ball showing a correctly weighted short, flat pass. Show basic punting of a rugby ball using the correct part of the foot and holding the ball correctly. Show basic tackling from the side or rear.</p>	<p>Show basic sidestepping and swerving. Have some understanding of the roles of forwards and backs during a game. Accurately perform a flat pass and spin pass over a short distance. Understand the principles of the ruck and maul and can show average decision making skills e.g. 2v1. Show fair tackling skills from side front or rear.</p>	<p>Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.</p>	<ul style="list-style-type: none"> • Students develop precision, control and fluency in passing, running with and receiving the ball. • Tackle consistently from front side and smother tackle. • Passing e.g. swing pass, screen pass, loop pass, spin pass, one-handed pass, reverse pass, off the ground pass, dummy pass • Ball handling and protection e.g. rucks, mauls, holding and protecting the ball □
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	Girls – Basketball	<p>Passing skills show some improvement and dribbling becomes more effective, but fails to dribble past opponent 1v1. Become more effective in a game. Passing becomes more accurate and students begin to make some interceptions in defence. Recognise what is good basketball performance and use this to improve own performance. Describe what the effects of playing basketball can have on the body.</p>	<p>Show good control when dribbling in practice and game situations and use a variety of passes, though not all will be accurate. Attempt a lay up shot, though it is not technically accurate. In a game situation, more effective in man to man defence and have a basic understanding of attack and defence principles. Comment on the strengths and weaknesses of your own and other players' game. Perform a basketball specific warm up and cool down.</p>		<ul style="list-style-type: none"> • Students planning tactics and the use of different types of defending (zone & man to man) • Refereeing a competitive game in pairs working as trail and lead
	Mixed – Tag Rugby	<p>Combine moving and passing the ball showing a correctly weighted short, flat pass. Show basic punting of a rugby ball using the correct part of the foot and holding the ball correctly. Show basic tackling from the side or rear.</p>	<p>Show basic sidestepping and swerving. Have some understanding of the roles of forwards and backs during a game. Accurately perform a flat pass and spin pass over a short distance. Understand the principles of and can show average decision making skills e.g. 2v1. Show fair tackling skills from side front or rear.</p>		<ul style="list-style-type: none"> • Improve the range, difficulty and quality of their skills and techniques.
Block 4	Gymnastics	<p>Perform some basic agility / vaults on the floor and on apparatus i.e. forward roll / log roll / simple balances with reasonable technique. Link a sequence effectively using</p>	<p>Demonstrate some basic agilities/ vaults on the floor and on apparatus mostly with good technique. Perform a flowing sequence that includes many of your own ideas. Analyse your own and others work</p>	<p>Learn and develop skills for the activity. Apply skills to a sequence in preparation for performance.</p>	<ul style="list-style-type: none"> • Complete a 10 bounce trampolining routine • Perform compositional

		<p>some of your own ideas. Use specific terminology to describe your own and others' performance. Identify and work on strength and suppleness needed to perform with greater quality.</p>	<p>picking out some important areas to improve. Perform a good gymnastics specific warm up and cool down routine that has some of your own ideas.</p>		<p>ideas imaginatively to make a performance more expressive and meaningful</p>
Block 5	Boys – Badminton	<p>Vary the angle and distance of shots in a rally, but the performance sometimes breaks down under the pressure of a game. Sometimes select shots that help to give an advantage in a game. Umpire a game effectively and give basic coaching advice. Describe how other forms of exercise can help to improve badminton performance.</p>	<p>Perform a range of accurate shots during a rally, even when under pressure. Aware of positioning on court during singles and doubles. Plan ways to improve own and others' performance. Show a good level of fitness during the game and can plan a badminton specific training programme.</p>	Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.	<ul style="list-style-type: none"> • Students demonstrate a range of shots in isolated practices. • Use the correct serving and scoring system for doubles and singles.
	Girls – Healthy and active lifestyles	<p>Show basic understanding of the components of fitness, and attempt to link how an aspect of physical activity can improve a specific component of fitness. Will be able to complete an appropriate active warm up and be able to comment on the benefits of a healthy lifestyle.</p>	<p>Will be able to link physical activity with specific components of fitness and will be able to comment on how different activities will contribute to a healthy lifestyle. Will be able to lead an active warm up and be able to administer some aspects of fitness testing.</p>		<ul style="list-style-type: none"> • To complete a range of exercises correctly. • To explain the effects of exercise on the body. • To be able to record HR. • To experience the difference

					between aerobic and anaerobic exercise.
	Mixed - Hockey	<p>Make accurate passes and some accurate longer passes. When receiving the ball from long distance there is lack control. Dribble the ball effectively, though in a game situation the skills are less effective. Rarely beat a defender.</p> <p>Recognise what is good hockey performance and use this to try and improve own performance. Describe what the effects of playing hockey can have on your body.</p>	<p>Demonstrate a range of passing techniques and can control the ball when dribbling and receiving. Students are more effective in a game situation, attempting to beat defenders using dodge techniques, though still with little success.</p> <p>Will be able to comment on the strengths and weaknesses of your own and others' performances and you can take on a variety of different roles such as the referee or coach. Can identify fitness needs of different roles in the game.</p>		<ul style="list-style-type: none"> Students develop precision, control and fluency in passing, running with and receiving the ball.
Block 6	Boys, Girls, Mixed - Athletics	<p>Perform at least one throwing, running and jumping event. Know how to measure events. Evaluate other pupils' performances in events and can tell them how to improve.</p>	<p>Show a basic knowledge of nearly all the track and field events. Know how to measure different events. Know how to perform most events and what my own and others technique should be like to improve. Fitness is good enough to complete events.</p>	<p>Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.</p>	<ul style="list-style-type: none"> To investigate the components of fitness through each event. (Speed, power, cardiovascular endurance, muscular endurance)
	Boys, Girls, Mixed - Striking & Fielding Games	<p>Link together; meeting the ball, collecting and returning it to a target with some accuracy. Understand basic rules such as 'no balls'. Have limited success when</p>	<p>Have a wide selection of fielding skills. Take part in a small-sided game and understand different roles in the field. When batting I make good contact with the ball.</p>		<ul style="list-style-type: none"> Umpire a full game. Score a full game. Attempt to use

		hitting the ball.	Observe and analyse own and other pupil's techniques.		disguise/spin when bowling with variety.
Block 7	Boys, Girls, Mixed - Athletics	Perform at least one throwing, running and jumping event. Know how to measure events. Evaluate other pupils' performances in events and can tell them how to improve.	Show a basic knowledge of nearly all the track and field events. Know how to measure different events. Know how to perform most events and what my own and others technique should be like to improve. Fitness is good enough to complete events.	Learn and develop skills for the activity. Apply skills to increasing challenging situations. Apply and make decisions during a game.	<ul style="list-style-type: none"> To investigate the components of fitness through each event. (Speed, power, cardiovascular endurance, muscular endurance)
	Boys, Girls, Mixed - Striking & Fielding	Link together; meeting the ball, collecting and returning it to a target with some accuracy. Understand basic rules such as 'no balls'. Have limited success when hitting the ball.	Have a wide selection of fielding skills. Take part in a small-sided game and understand different roles in the field. When batting I make good contact with the ball. Observe and analyse own and other pupil's techniques.		<ul style="list-style-type: none"> Umpire a full game. Score a full game. Attempt to use disguise/spin when bowling with variety.