Year 7 Big Picture – Physical Education

Autumn 01 ***Weeks 1 – 8 (8 weeks)***	***Autumn 02*** ***Weeks 9 – 15 (7 weeks)***	***Spring 01*** ***Weeks 16 – 21 (6 weeks)***
Content: *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Football, Trampolining or Badminton. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx During Net and Wall Games (Badminton), students will focus on: ➢ Core hand-eye coordination and footwork skills ➢ Serving and returning skills, predominantly forehand ➢ Serving and returning tactics ➢ Basic rules During Trampolining, students will focus on: ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines During Invasion Games (Football), students will focus on: ➢ Core sending and receiving skills in isolation and small group settings ➢ Individual attacking and defending skills ➢ Simple tactics ➢ Basic rules	**Content:** *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Trampolining, Badminton or Netball. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx During Net and Wall Games (Badminton), students will focus on: ➢ Core hand-eye coordination and footwork skills ➢ Serving and returning skills, predominantly forehand ➢ Serving and returning tactics ➢ Basic rules During Trampolining, students will focus on: ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines During Invasion Games (Netball), students will focus on: ➢ Core sending and receiving skills in isolation and small group settings ➢ Individual attacking and defending skills ➢ Simple tactics	**Content:** *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Trampolining, Badminton or Rugby. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx During Net and Wall Games (Badminton), students will focus on: ➢ Core hand-eye coordination and footwork skills ➢ Serving and returning skills, predominantly forehand ➢ Serving and returning tactics ➢ Basic rules During Trampolining, students will focus on: ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines During Invasion Games (Football), students will focus on: ➢ Core sending and receiving skills in isolation and small group settings ➢ Individual attacking and defending skills ➢ Simple tactics

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	➢ Basic rules	➢ Basic rules
Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport. **Mini Test 1 for BADMINTON** **CORE TASK – Singles Game** Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student. **Mini Test 1 for TRAMPOLINING** **CORE TASK 5 Bounce Routine** Students will create a 5-bounce routine which will include any of the shapes, turns and landings covered in unit of work. **Mini Test 1 for FOOTBALL** **CORE TASK 3v2:** Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal.	**Assessment Objectives** Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport. **Mini Test 1 for BADMINTON** **CORE TASK – Singles Game** Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student. **Mini Test 1 for TRAMPOLINING** **CORE TASK 5 Bounce Routine** Students will create a 5-bounce routine which will include any of the shapes, turns and landings covered in unit of work. **Mini Test 1 for NETBALL** **CORE TASK 3v2:** Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation	**Assessment Objectives** Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport. **Mini Test 1 for BADMINTON** **CORE TASK – Singles Game** Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student. **Mini Test 1 for TRAMPOLINING** **CORE TASK 5 Bounce Routine** Students will create a 5-bounce routine which will include any of the shapes, turns and landings covered in unit of work. **Mini Test 1 for FOOTBALL** **CORE TASK 3v2:** Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal.

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Spring 02 **Weeks 22 – 27 (6 weeks)**	***Summer 01*** **Weeks 28 – 32 (5 weeks)**	***Summer 02*** ***Weeks 33 – 39 (7 weeks)***
Content: *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Trampolining, Badminton or Rugby. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx During Invasion Games (Rugby), students will focus on: ➢ Core sending and receiving skills in isolation and small group settings ➢ Individual attacking and defending skills ➢ Simple tactics ➢ Basic rules	**Content:** *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in Athletics. Please see the Athletics carousel documents to find out which group is being taught which athletic event.* POS 26-27.docx During Athletics events, students will focus on: ➢ Core fundamental techniques of running (speed and endurance), ➢ jumping (for distance and height) and ➢ throwing	**Content:** *Year 7 students have 3 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Cricket or Rounders. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx During Striking & Fielding Games (Cricket and Rounders), students will focus on: ➢ Core skills of striking, throwing, catching, and stopping the ball ➢ Simple tactics ➢ Basic rules
Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport. **Mini Test 1 for Tag RUGBY** **Core Task – Tagging** Students to attack in waves of 3 with 3 defenders, attempting to move with the ball from one end of the pitch to the other within 1 minute.	**Assessment Objectives** Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport. **Mini Test 1 for ATHLETICS** No Core Task but students' performances in sprints, middle distance, throws and jumps will be measured against time and distance.	**Assessment Objectives** Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport. **Mini Test 1 for CRICKET** **CORE TASK – Diamond Cricket** Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.

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	In Athletics, students will take part in a mini 'Sports Day' where they will choose an event to compete in against other students in their band.	**Mini Test 1 for ROUNDERS** **CORE TASK – Mini Games** Students to be split into teams of 6 (Batter, Bowler, Backstop, Fielders). Each student has 3 throws each and the aim is to throw the ball as far as possible to score runs for their team.