

Year 7 Big Picture – Physical Education



Autumn 01
Weeks 1 – 7 (7 weeks)
Autumn 02
Weeks 8 – 14 (7 weeks)

Content: Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Football, Tag Rugby, Trampolining, Basketball and Badminton.

Girls groups will take part in Netball, Trampolining, Badminton and Football.

During Invasion Games, students will focus on:

- Core sending and receiving skills in isolation and small group settings
- > Individual attacking and defending skills
- Simple tactics
- Basic rules

During Net and Wall Games, 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

Spring 01 Weeks 15-21 (7 weeks) Spring 02 Weeks 22 – 26 (5 weeks)

Content: Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Trampolining, Basketball and Badminton.

Girls groups will take part in Tchoukball and Tag Ruaby.

During Invasion Games, students will focus on:

- Core sending and receiving skills in isolation and small group settings
- > Individual attacking and defending skills
- Simple tactics
- Basic rules

During Net and Wall Games, 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

Summer 01 Weeks 27-32 (6 weeks) Summer 02 Weeks 33-39 (7 weeks)

Content: Year 7 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Tchoukball, Cricket & Athletics.

Girls groups will take part in Badminton, Trampolining, Rounders and Athletics.

During Trampolining, students will focus on:

- Fundamental skills such as shapes, balances, twists, turns & landings
- Understand the Health & Safety
- > Individual sequencing of routines

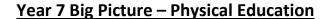
During Net and Wall Games, students will focus on:

- Core hand-eye coordination and footwork skills
- Serving and returning skills, predominantly forehand
- Serving and returning tactics
- Basic rules

During Athletics events, students will focus on:

- Core fundamental techniques of running (speed and endurance),
- > jumping (for distance and height) and
- throwing







During Striking & Fielding Games, students will focus on:

- Core skills of striking, throwing, catching, and stopping the ball
- Simple tactics
- Basic rules

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- 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 6 of each sport.

Mini Test 1 for FOOTBALL CORE TASK 2v1:

Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal

Mini Test 1 for NETBALL/BASKETBALL 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

Mini Test 1 for Tag RUGBY Core Task – Tagging

Students in teams will attempt to outwit their opponent by defending their tags

Mini Test 1 for TRAMPOLINING CORE TASK 5 Bounce Routine

Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work

Assessment Objectives

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Mini Test 1 for FOOTBALL/TCHOUKBALL CORE TASK 2v1:

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Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation

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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 TRAMPOLINING CORE TASK 5 Bounce Routine

Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work

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.

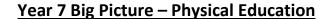
Mini Test 1 for CRICKET CORE TASK Diamond Cricket

Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.

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







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Students will play a singles match starting with a serve and use a variety of shots within a rally

Mini Test 1 for TCHOUKBALL CORE TASK 3V1:

3 v 1 attacking finishing with a shot at goal. Defending Delay and Deny.

Mint Test 1 for ROUNDERS CORE TASK Game