



Year 7 Curriculum Intent

We study PE to develop our physical, social and emotional wellbeing. We study PE to develop our physical potential and discover what our bodies are physically capable of, learning about a broad range of sporting activities to find our current limits and then go beyond them. We hope that all our students will learn the habits and attitudes that will support a thriving and healthy lifestyle, and a lifelong love of sport.

Year 7 Curriculum Overview

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half term 5	Half Term 6
Cross Country/Rugby(B)/ Netball(G)	Basketball(B)/Fitness(G)/ Volleyball(G)/ Football(G)/Table Tennis(B)	Trampolining/ Dance(G) Football(B)/Gymnastics	Football(B)/Dance(G) Orienteering	Athletics	Rounders(G)/ Cricket(B)/Softball(B)

Key Question

What skills do I need to perform well in these activities?	What skills do I need to perform well in these activities?	What skills do I need to perform well in these activities?	What skills do I need to perform well in these activities?	What skills do I need to perform well in these activities?	What skills do I need to perform well in these activities?
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Key Vocabulary

1. Strategy 2. Tactics 3. Defense 4. Marking 5. Positioning 6. Interception 7. Anticipation 8. Communication 9. Reaction Time	1. Strategy 2. Tactics 3. Defense 4. Marking 5. Positioning 6. Interception 7. Anticipation 8. Communication 9. Reaction Time	1. Balance 2. Flexibility 3. Coordination 4. Posture 5. Rhythm 6. Routine 7. Alignment 8. Strength 9. Movement 10. Sequence	1. Balance 2. Flexibility 3. Coordination 4. Posture 5. Rhythm 6. Routine 7. Alignment 8. Strength 9. Movement 10. Sequence	1. Agility 2. Endurance 3. Flexibility 4. Speed 5. Strength 6. Technique 7. Balance 8. Coordination 9. Warm-up 10. Cool-down	1. Strategy 2. Tactics 3. Defense 4. Marking 5. Positioning 6. Interception 7. Anticipation 8. Communication 9. Reaction Time
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	The knowledge you will need to recall:	How you will apply this knowledge:	This links to:
1	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in cross country, rugby and netball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance.	Core PE in further years and BTEC Tech award in sport at KS4.
2	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in basketball, football, table tennis and volleyball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance.	Core PE in further years and BTEC Tech award in sport at KS4.
3	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in trampolining, football, dance and fitness activities.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance. You will aim to improve on your performance from the previous week.	Core PE in further years and BTEC Tech award in sport at KS4.
4	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in football, dance and orienteering.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance.	Core PE in further years and BTEC Tech award in sport at KS4.
5	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in athletics. You will prepare your skills for Grace College sport day.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance. You will aim to improve on your performance from the previous week.	Core PE in further years and BTEC Tech award in sport at KS4.
6	You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in rounders cricket and softball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to follow a warmup and cool down. You will be able to self-assess your own performance.	Core PE in further years and BTEC Tech award in sport at KS4.