



## Year 7 Curriculum Overview

### Rationale:

We aim to Inspire students to participate in and enjoy a broad and balanced PE curriculum, whilst continuing to develop their fundamental and interpersonal skills. Students are provided with wider opportunities to participate in sport both recreationally and competitively in core games lesson and are encouraged to attend extra-curricular sports clubs.

Term	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
<b>Autumn 1</b>  <b>Boys</b> Baseline Activities  <b>Girls</b> Baseline Activities	<b>Boys Baseline Activities</b> <ul style="list-style-type: none"> <li>Football: Skills, Techniques, Rules &amp; Game Play</li> <li>Badminton: Skills, Techniques, Rules &amp; Game Play</li> <li>Endurance &amp; End Ball</li> <li>Gymnastics: Creativity &amp; Performance</li> <li>Touch Rugby: Skills, Techniques, Rules &amp; Game Play</li> <li>Basketball: Rules &amp; Game Play</li> </ul> <b>Girls Baseline Activities</b> <ul style="list-style-type: none"> <li>Dance/ Gymnastics: Creativity, Performance, Body Patterns &amp; Movements</li> <li>Endurance &amp; End Ball</li> <li>Netball: Skills, Techniques, Rules &amp; Game Play</li> <li>Badminton: Skills, Techniques, Rules &amp; Game Play</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources:</b></p> <p>BBC Bitesize – Why is physical activity important?  <a href="https://www.bbc.co.uk/bitesize/topics/zhbthcw/articles/">https://www.bbc.co.uk/bitesize/topics/zhbthcw/articles/</a> .</p> <p>BBC Bitesize – Physical activities skills  <a href="https://www.bbc.co.uk/bitesize/topics/zhbthcw/articles/zjvc4xs">https://www.bbc.co.uk/bitesize/topics/zhbthcw/articles/zjvc4xs</a></p>

	<ul style="list-style-type: none"> <li>• Basketball: Rules &amp; Game Play</li> </ul>		
<b>Autumn 2</b>  <b>Boys</b> Rugby Basketball  <b>Girls</b> Dance Netball	<b>Rugby</b> <ul style="list-style-type: none"> <li>• Introduction to Rugby</li> <li>• Passing &amp; Outwitting Opponents</li> <li>• Tackling</li> <li>• Attacking &amp; outwitting Opponents</li> <li>• Game Play &amp; Key Rules</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <b>Basketball</b> <ul style="list-style-type: none"> <li>• Key Rules and Regulations</li> <li>• Passing</li> <li>• Dribbling</li> <li>• Shooting/ Set Shot</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <b>Dance</b> <ul style="list-style-type: none"> <li>• Bollywood Dance Actions</li> <li>• African Dance Actions</li> <li>• Capoeira Dance Actions</li> <li>• Haka Dance Actions</li> <li>• Esquiva</li> <li>• Meia-lua de Frente</li> <li>• Au Aberto</li> <li>• Formations</li> <li>• Choreography</li> <li>• Performance &amp; Assessment</li> <li>•</li> </ul> <b>Netball</b> <ul style="list-style-type: none"> <li>• Introduction to Key Rules</li> <li>• Passing</li> <li>• Footwork</li> </ul>	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.  Verbal and peer assessment will run consistently throughout all lessons.	<b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b>  <b>Optional homework tasks and Literacy resources:</b>  How to pass a Rugby ball <a href="https://www.youtube.com/watch?v=4WaBgY1POKw">https://www.youtube.com/watch?v=4WaBgY1POKw</a>  Better Passing - 5 Best Basketball Passing Drills <a href="https://www.youtube.com/watch?v=1RoghK0Ahc">https://www.youtube.com/watch?v=1RoghK0Ahc</a>  Learn how to Bollywood Dance! Part 1 - BBC Sport <a href="https://www.youtube.com/watch?v=3NomZw-KD34">https://www.youtube.com/watch?v=3NomZw-KD34</a>  Netball Ball Handling Skills <a href="https://www.youtube.com/watch?v=QTIOYtX6d88">https://www.youtube.com/watch?v=QTIOYtX6d88</a>

	<ul style="list-style-type: none"> <li>• Outwitting Opponents</li> <li>• Dodging</li> <li>• Shooting</li> <li>• Positional Awareness</li> <li>• Mini Tournament &amp; Assessment</li> </ul>		
<p><b>Spring 1</b></p> <p><b>Boys:</b> Football HRF</p> <p><b>Girls</b> Basketball Tag Rugby</p>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Introduction to the Key Rules</li> <li>• Dribbling, Control &amp; Turning</li> <li>• Passing &amp; Movement off the Ball</li> <li>• Shooting</li> <li>• Attacking &amp; Outwitting Opponents</li> <li>• Defensive Strategies &amp; Tackling Techniques</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>HRF</b></p> <ul style="list-style-type: none"> <li>• Effects of exercise on the body</li> <li>• Warm Ups</li> <li>• Circuit Training</li> <li>• Sustained Running – Cooper Test</li> <li>• Components of Skill Related Fitness</li> <li>• Planning a Training Session &amp; Assessment</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Key Rules and Regulations</li> <li>• Passing</li> <li>• Dribbling</li> <li>• Shooting/ Set Shot</li> <li>• Mini Tournament &amp; Assessment</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources:</b></p> <p>How to teach: Passing › Inside foot  <a href="https://www.youtube.com/watch?v=yk5Gku_Ojas">https://www.youtube.com/watch?v=yk5Gku_Ojas</a></p> <p>8 Minute SPIN THE WHEEL Kids Workout   The Body Coach TV  <a href="https://www.youtube.com/watch?v=Qjcw2Vov_5k">https://www.youtube.com/watch?v=Qjcw2Vov_5k</a></p> <p>Better Passing - 5 Best Basketball Passing Drills  <a href="https://www.youtube.com/watch?v=1RoghK0Ahc">https://www.youtube.com/watch?v=1RoghK0Ahc</a></p> <p>How to pass a Rugby ball  <a href="https://www.youtube.com/watch?v=4WaBgY1POKw">https://www.youtube.com/watch?v=4WaBgY1POKw</a></p>

	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>• Introduction of Key Rules</li> <li>• Passing</li> <li>• Outwitting an Opponent</li> <li>• Tagging</li> <li>• Attacking</li> <li>• Game play</li> <li>• Mini Tournament &amp; Assessment Lesson</li> </ul>		
<p><b>Spring 2</b></p> <p><b>Boys</b> Badminton Dance</p> <p><b>Girls</b> Football HRF</p>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Introduction to Key Rules</li> <li>• Grip &amp; Ready Position</li> <li>• Overhead Clear</li> <li>• Underarm Clear</li> <li>• Drop Shot</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Bollywood Dance Actions</li> <li>• African Dance Actions</li> <li>• Capoeira Dance Actions</li> <li>• Haka Dance Actions</li> <li>• Esquiva</li> <li>• Meia-lua de Frente</li> <li>• Au Aberto</li> <li>• Formations</li> <li>• Choreography</li> <li>• Performance &amp; Assessment</li> </ul> <p><b>Football</b></p>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources:</b></p> <p>How to do the Haka Maori dance video step by step  <a href="https://www.youtube.com/watch?v=oDubRnoCa2s">https://www.youtube.com/watch?v=oDubRnoCa2s</a></p> <p>The Rules of Badminton - EXPLAINED!  <a href="https://www.youtube.com/watch?v=UyLli-TbcFc">https://www.youtube.com/watch?v=UyLli-TbcFc</a></p> <p>How to teach: Passing › Inside foot  <a href="https://www.youtube.com/watch?v=yk5Gku_Ojas">https://www.youtube.com/watch?v=yk5Gku_Ojas</a></p> <p>8 Minute SPIN THE WHEEL Kids Workout   The Body Coach TV  <a href="https://www.youtube.com/watch?v=Qjcw2Vov_5k">https://www.youtube.com/watch?v=Qjcw2Vov_5k</a></p>

	<ul style="list-style-type: none"> <li>• Introduction to the Key Rules</li> <li>• Dribbling, Control &amp; Turning</li> <li>• Passing &amp; Movement off the Ball</li> <li>• Shooting</li> <li>• Attacking &amp; Outwitting Opponents</li> <li>• Defensive Strategies &amp; Tackling Techniques</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>HRF</b></p> <ul style="list-style-type: none"> <li>• Effects of exercise on the body</li> <li>• Warm Ups</li> <li>• Circuit Training</li> <li>• Sustained Running – Cooper Test</li> <li>• Components of Skill Related Fitness</li> <li>• Planning a Training Session &amp; Assessment</li> </ul>		
<p><b>Summer 1</b></p> <p><b>Boys</b> Tennis Outdoor and Adventurous Activities (OAA)</p> <p><b>Girls</b> Outdoor and Adventurous</p>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction of Key Rules</li> <li>• Racket &amp; Ball Familiarisation</li> <li>• Forehand Shot</li> <li>• Backhand Shot</li> <li>• Outwitting Opponents</li> <li>• Serving</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Outdoor and Adventurous Activities (OAA)</b></p> <ul style="list-style-type: none"> <li>• Effective Warm Ups</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources:</b></p> <p>The Rules of Tennis - EXPLAINED!  <a href="https://www.youtube.com/watch?v=1P_Das6OjAk">https://www.youtube.com/watch?v=1P_Das6OjAk</a></p> <p>Summer of Adventure: The Countryside  <a href="https://www.bbc.co.uk/bitesize/articles/zn3svwx">https://www.bbc.co.uk/bitesize/articles/zn3svwx</a></p> <p>The Rules of Badminton - EXPLAINED!</p>

<p>Activities (OAA) Badminton</p>	<ul style="list-style-type: none"> <li>• Cross-Country Running</li> <li>• Group Cross Country Running</li> <li>• Group Cross Country Relays</li> <li>• Extended Cross Country</li> </ul> <p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Introduction to Key Rules</li> <li>• Grip &amp; Ready Position</li> <li>• Overhead Clear</li> <li>• Underarm Clear</li> <li>• Drop Shot</li> <li>• Mini Tournament &amp; Assessment</li> </ul>		<p><a href="https://www.youtube.com/watch?v=UyLli-TbcFc">https://www.youtube.com/watch?v=UyLli-TbcFc</a></p>
<p><b>Summer 2</b></p> <p><b>Boys</b> Cricket Athletics</p> <p><b>Girls</b> Rounders Athletics</p>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Key Rules &amp; Regulations</li> <li>• Ball Familiarisation and Catching</li> <li>• Fielding</li> <li>• Bowling</li> <li>• Batting</li> <li>• Game Situations &amp; Strategies</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• 100m - Running and Sprinting Technique</li> <li>• Relay</li> <li>• 800m - Pace running</li> <li>• Long Jump</li> <li>• Shot Put</li> <li>• Mini Olympics &amp; Assessment</li> </ul> <p><b>Rounders</b></p>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources:</b></p> <p>How to play Cricket <a href="https://www.youtube.com/watch?v=VwII4y5vpyU">https://www.youtube.com/watch?v=VwII4y5vpyU</a></p> <p>What is Athletics? <a href="https://www.youtube.com/watch?v=8tboaYXAwog">https://www.youtube.com/watch?v=8tboaYXAwog</a></p> <p>Rounders rules video <a href="https://www.youtube.com/watch?v=f5Lxiy9_L9Q">https://www.youtube.com/watch?v=f5Lxiy9_L9Q</a></p>

	<ul style="list-style-type: none"><li>• Introduction of Rules</li><li>• Ball Familiarisation &amp; Catching</li><li>• Fielding</li><li>• Bowling</li><li>• Batting</li><li>• Tactics &amp; Outwitting Opponents</li><li>• Mini Tournament &amp; Assessment</li></ul>		
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