

## Physical Education Department Long-term sequencing Year 7 PE

The curriculum for this stage of students' education has been designed to consolidate the KS2 principles of promoting health and fitness, growth of physical confidence and the demonstration of fairness and respect, but also to further excite them with the wider range of sporting opportunities made possible by the facilities, resources and specialism within Secondary-level P.E. Because we strive to include a varied, ambitious offering of Net and Wall, Striking and Fielding, Health and Fitness and Invasion activity, every year of their KS3 experience should help motivate students with the idea that there really is, something for everyone. In our PE journey to inspire all students to succeed and excel in competitive sport, Year 7 is about developing basic skills, techniques and game understanding rules and principles, and beginning to use more formal assessment. Students in Year 7 may have very different starting points, so we want them to enjoy themselves as they exercise safely and effectively, and as we guide them in exploring their potential with enthusiasm and determination.

<p><b>HALF TERM 1:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – Badminton</b> – grip and ready position, serving, clear, drop shot, singles game play, central base position, singles tactics.</li> <li>• <b>Girls – Netball</b> – passing and receiving, pivot, dodging, positions, shooting, defending, game play.</li> <li>• <b>Mixed – HRF</b> – importance of exercise, exercise intensities, cardiovascular fitness, strength, muscular endurance, interval training, energy balance.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p><b>HALF TERM 2:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – HRF</b> – importance of exercise, exercise intensities, cardiovascular fitness, strength, muscular endurance, interval training, energy balance.</li> <li>• <b>Girls – Football</b> – ball familiarisation, short pass, dribbling, control, shooting, rules and regulations.</li> <li>• <b>Mixed – Handball</b> – passing, three-step rule, dribbling, central shot, fast break, defensive line, basic positions.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p><b>HALF TERM 3:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – Handball</b> – passing, three-step rule, dribbling, central shot, fast break, defensive line, basic positions.</li> <li>• <b>Girls – HRF</b> – importance of exercise, exercise intensities, cardiovascular fitness, strength, muscular endurance, interval training, energy balance.</li> <li>• <b>Mixed – Rugby</b> – passing and receiving, attacking the space, side tackle, front tackle, rucking, attacking play.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>
<p><b>HALF TERM 4:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – Rugby</b> – passing and receiving, attacking the space, side tackle, front tackle, rucking, attacking play.</li> <li>• <b>Girls – Badminton</b> – Grip and ready position, serving, clear, drop shot, singles game play, central base position, singles tactics.</li> <li>• <b>Mixed – Trampolining/Gymnastics</b> – balances, partner balances, rolls, travelling, turns, basic shapes, sequences.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p><b>HALF TERM 5:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – Athletics</b> – pacing, runs, sprints, jumps, throws.</li> <li>• <b>Girls – Athletics</b> - pacing, runs, sprints, jumps, throws.</li> <li>• <b>Mixed – Striking &amp; Fielding</b> – throwing, orthodox catch, short barrier, batting grip, batting shots, rules and regulations.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p><b>HALF TERM 6:</b> <b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques in one of the following:</p> <ul style="list-style-type: none"> <li>• <b>Boys – Striking &amp; Fielding</b> – throwing, orthodox catch, short barrier, batting grip, batting shots, rules and regulations.</li> <li>• <b>Girls – Striking &amp; Fielding</b> – throwing, orthodox catch, short barrier, batting grip, batting shots, rules and regulations.</li> <li>• <b>Mixed – Athletics</b> – pacing, runs, sprints, jumps, throws.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Students will be assessed through the Head, Heart, Hands assessment criteria.</p>

**Home learning set will consist of a combination of:**  
Embedding this knowledge can be supported at home by attending as many extra-curricular sporting activities and teams as possible and participating in sports teams and clubs outside of school. Students should aim to undertake 60 minutes of physical activity each day, to support a healthy, active lifestyle. According to Government advice, on 3 days a week, these activities should involve exercises for strong muscles and bones such as push-ups and running and jumping.