

The Marches - Physical Education

Year 7 – Curriculum Map

The Three Pillars of progression:
 The aim of Year 7 is to start creating a lifelong love for PE.
 Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation

Athletics

To introduce students to the three fundamental skills of running, jumping and throwing in Athletics. To work individually and within a team to practice, develop and refine these skills. During this unit students will also develop their physical strength, stamina and speed to cope with the demands of different activities whilst developing their mental determination to succeed whilst performing.



Striking and fielding (rounders/cricket)

You will learn the technique of throwing under and overarm over short and long distances. You will learn how to bat and bowl in rounders and develop your fielding skills by learning the long barrier technique. You will learn the rules of the game including those specific to bowling and batting and you will learn how to score.



Handball

You will learn the basic rules of handball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness, and different defensive setups, when to pass/shoot/dribble.

Assessment: Spring 2

Performance and Decision Making

Summer Term

Assessment: Summer

Performance and Decision Making

Leadership

Performance

Assessment

Decision Making

Mind Set



Dance

You will be introduced to new dance styles. To will learn how to the 5 basic actions and how to change your dynamics. You will begin to learn of to perform your dance to the best of your ability.

Assessment: Spring 1

Performance and Decision Making

Spring Term

Football

You will learn the fundamental skills of passing the ball using a range of techniques. You will be taught to control the ball using a variety of body parts, planning touches, allowing the use of the body to protect the ball.



Gymnastics

To explore individual balances using different parts of the body and develop partner balances using counter tension and counterbalance. Learn the 8 basic gymnastics shapes and demonstrate these with body tension and control. Be able to construct a floor routine with a start position, canon, unison, linking movements and an end position and adapt your skills on low apparatus.

Badminton

You will learn how to hold the racket and play basic shots building into rallies. Simple serve and return. You will be learning to move your opponent around the court.

Hockey

You will learn the basic rules of the game and develop skills such as knowing when to tackle, pass, shoot and dribble.

Assessment: Autumn 1

Leadership and Fitness/Mindset (ongoing throughout the year)

Autumn Term

Rugby

You will learn the basic laws and principles of the game. You will learn core skills that will remain important throughout your rugby career; how to tackle, pass, identify space and how to present the ball and create a ruck.



Netball

You will learn the basic principles of the game, positions and areas on court. You will learn the different passes and where to pass. You will be introduced to the positions during a netball match and their zones.

Assessment: Autumn 2
Performance and Decision Making

SHOW YOUR COMMITMENT...

How many of these can you complete?

Try your best in all lessons.

Bring your PE kit to all lessons.

Attend at least one extra curricular club each term.

Represent The Marches in a sporting fixture.

Your Physical Education journey starts here...

