

SUBJECT:	PHYSICAL EDUCATION	YEAR GROUP:	7
PURPOSE OF STUDY			
Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity			
THE NATIONAL CURRICULUM FOR PHYSICAL EDUCATION AIMS TO ENSURE THAT ALL PUPILS:		NATIONAL CURRICULUM LINKS	
The national curriculum for physical education aims to ensure that all pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		Science: Anatomy, function of muscles, skeleton and organs; Respiratory system RSHE: Healthy body; Healthy Mind; Benefits of exercise D&T: Healthy eating Maths: Working out equal teams; Keeping score	
TOPICS COVERED:			
<ul style="list-style-type: none"> • Rounders • Badminton • Basketball • Football • Tennis • Athletics 			
INTENT OF SUBJECT:			
The Physical Education (P.E) curriculum is intended to inspire pupils to take part in, succeed and excel in both sport and other physical activity, whilst developing their confidence to engage to promote positive health and fitness. Through this study pupils will be given opportunities to build character, learn life lessons and instil values of fairness and respect. In year 7 pupils will do this through taking part in a variety of individual and team sports that will build on the skills needed to ensure they are able to work towards meeting the outcomes stated. Throughout each topic they will learn the physical skills needed to take part in the sports being studied, the tactics of the sports to maximise the effectiveness of these skills and gain a greater understanding of the rules of the sports. They will also explore the theory behind exercise and how			

the body works to allow us to exercise, the benefits for the body and the mind and how they can use physical activity and food to keep healthy. Ultimately this study will equip pupils with the skills and knowledge they need to be successful in each year of school and pursue further study of P.E in KS4.

SKILLS OVERVIEW BY HALF TERM:	
AUTUMN ONE	AUTUMN TWO
<ul style="list-style-type: none"> • Learn and follow rules of a game • Replicate techniques demonstrated • Understanding and applying basic tactics • Outwit opponents with varying skills • Develop communication skills • Develop teamwork • Apply skills learnt to full game play • Understanding the different roles and responsibilities of people in a team • Evaluate performance • Make improvements to skills 	<ul style="list-style-type: none"> • Learn and follow rules of a game • Replicate techniques demonstrated • Understanding and applying basic tactics • Outwit opponents with varying skills • Understand playing area dimensions and rules related to this • Decision making • Officiating • Evaluating strategies to maximise effectiveness • Apply skills learnt to full game play • Make improvements to skills
SPRING ONE	SPRING TWO
<ul style="list-style-type: none"> • Learn and follow rules of a game • Replicate techniques demonstrated • Understanding and applying basic tactics • Outwit opponents with varying skills • Develop communication skills • Develop teamwork • Apply skills learnt to full game play • Understanding the different roles and responsibilities of people in a team • Evaluate performance • Make improvements to skills • Understanding and recording scores • Understanding the positions on a team • Understand how different parts of the body support success in the sport 	<ul style="list-style-type: none"> • Learn and follow rules of a game • Replicate techniques demonstrated • Understanding and applying basic tactics • Outwit opponents with varying skills • Develop communication skills • Develop teamwork • Apply skills learnt to full game play • Understanding the different roles and responsibilities of people in a team • Evaluate performance • Make improvements to skills • Understanding and recording scores • Understanding the positions on a team • Understand how different parts of the body support success in the sport
SUMMER ONE	SUMMER TWO

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- Make improvements to skills
- Understanding different muscles and muscle types for different purposes