



**SUBJECT: Curriculum Overview**

**Year 7 PE**

<b>Half Term</b>	<b>Topic studied</b>	<b>What will I learn?</b>	<b>How will I be assessed?</b>
Year 7 Autumn	Multi skills Football Handball American Football Lacrosse Rugby tag / Netball  Basketball  Hockey	The principles of play – <b>Time and Space</b> Win possession. Go forward Support. Continuity. Pressure. The ability to pass and receive and communicate. The appreciation of space. This is done with a variety of implements and in different game situations  The basics of dribbling passing/ receiving and shooting allied with the above principles of play Confidence on the ball when in possession  The basics of dribbling passing/ receiving and shooting allied with the above principles of play Confidence on the ball when in possession	Assessment will be ongoing during the block of activities. The students will be assessed their ability to perform the closed skills that are taught along with the effectiveness in which they transfer those skills into the open skill (game) environment. Students will also be assessed in their knowledge and understanding of the activity taught as well as their physical endeavour.
Year 7 Spring	Magic academy / Invasion games Football Handball American Football Lacrosse Rugby tag / Netball  Basketball  Orienteering HRF/	The principles of play – <b>Time and Space</b> Win possession. Go forward Support. Continuity. Pressure. The ability to pass and receive and communicate. The appreciation of space. This is done with a variety of implements and in different game situations The ability to adapt to various conditions put into the game situation  Enhance the ability to produce a range of passes in the game to suit the situation. Set shots and lay ups in the closed and open skill environment. Effective defence of basket in the game situation  The understanding of resting and working heart rates and the benefit of elevating the heart rate to improve cardiovascular endurance. The ability to map read and navigate a course. Working as a team and with a partner whilst navigating a course	Assessment will be ongoing during the block of activities. The students will be assessed their ability to perform the closed skills that are taught along with the effectiveness in which they transfer those skills into the open skill (game) environment. Students will also be assessed in their knowledge and understanding of the activity taught as well as their physical endeavour.  Students will be assessed on their ability to navigate a course and read a map and well as their physical endeavour over the course and various HRF sessions
Year 7 Summer	Athletics	The students will experience a carousel of activities covering the basic running, jumping and throwing events.	Assessment will be based on performance tables that are created for KS3 pupils as well as their level of technique whilst performing the event

