



KEY STAGE 3 – YEAR 7 – GAMES

CURRICULUM MAP

Autumn Term		Spring Term		Summer Term	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Key themes will be taught in the 6 week block dependent on pupil experience ability and progression and not necessarily in order. Sessions may combine elements of combination.					
Rugby Union 1. Ball Familiarisation 2. Passing and Retrieving 3. Beating Opponents/ Attacking Play 4. Tackling 5. Rucking 6. Scrum (3 Man) 7. Assessment and setting	Rugby Union 1. Recap passing & refine handling skills 2. Tactical Play 3. Mauling 4. Scrum. 5. Develop tackling technique 6. Assessment	Rugby Union 1. Recap passing & refine handling skills 2. Tactical Play 3. Mauling 4. Scrum. 5. Develop tackling technique 6. Assessment	Transition half term Summer sports start at end of 7s season, usually last two/three of half term Rugby/Hockey CC Start of Summer sports Rugby, Hockey, CC on the left Cricket, Athletics on the Right	Cricket 1) Ball familiarisation/catching/ Fielding 2) Bowling basic bowling technique. 3) Batting -basic batting grip + drive technique. 4) Batting - Hit to leg 5) Game situations/basic strategies 6) Batting calls/basic field placement. 7) Pull Shot 8) Bowling-run up development 9) Netting 10) Wicketkeeping 11) Cricket Games Hard, Soft, Pairs, Kwik 12) Assessment	Cricket 1) Ball familiarisation/catching/ Fielding 2) Bowling basic bowling technique. 3) Batting -basic batting grip + drive technique. 4) Batting - Hit to leg 5) Game situations/basic strategies 6) Batting calls/basic field placement. 7) Pull Shot 8) Bowling-run up development 9) Netting 10) Wicketkeeping 11) Cricket Games Hard, Soft, Pairs, Kwik 12) Assessment
No Hockey	Hockey 1) Grip, Dribbling, Handling, Passing & receiving 2) Dodging Dodging: simple dodge, 3) Defending/block tackle/ jab tackle	Hockey 1) Grip, Dribbling, Handling, Passing & receiving 2) Dodging Dodging: simple dodge, 3) Defending/block tackle/ jab tackle		Athletics 1. Introduce running style (100/200/400m) To be able to perform the basic technique for an effective sprint race. 2. Introduce pace running – 800m/1500m	Athletics 1. Introduce running style (100/200/400m) To be able to perform the basic technique for an effective sprint race. 2. Introduce pace running – 800m/1500m To accurately replicate basic technique for an effective paced race.



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	<p>4) Outwitting opponents/use of space</p> <p>5) Assessment – Skill Related Circuits</p> <p>6) Assessment – Game Situation</p> <p>7) Shooting</p> <p>To develop their understanding and knowledge of how to shoot correctly & safely.</p>	<p>4) Outwitting opponents/use of space</p> <p>5) Assessment – Skill Related Circuits</p> <p>6) Assessment – Game Situation</p> <p>7) Shooting</p> <p>To develop their understanding and knowledge of how to shoot correctly & safely.</p>		<p>To accurately replicate basic technique for an effective paced race.</p> <p>3.Jumping- long jump/TJ</p> <p>To accurately replicate the technique for an effective long jump/TJ</p> <p>4.Throwing – shot putt</p> <p>5.Throwing - javelin</p> <p>6.Hurdles</p> <p>To accurately replicate an effective hurdling technique.</p> <p>7.Throwing- Discus</p> <p>8.Relay technique – baton exchange, correct hand change over</p> <p>9.Hammer</p> <p>10. Assessment in PE lessons, Fixtures, Sportsday</p>	<p>3.Jumping- long jump/TJ</p> <p>To accurately replicate the technique for an effective long jump/TJ</p> <p>4.Throwing – shot putt</p> <p>5.Throwing - javelin</p> <p>6.Hurdles</p> <p>To accurately replicate an effective hurdling technique.</p> <p>7.Throwing- Discus</p> <p>8.Relay technique – baton exchange, correct hand change over</p> <p>9.Hammer</p> <p>10. Assessment in PE lessons, Fixtures, Sportsday</p>
CC	CC	CC			
<p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>	<p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>	<p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>			
National curriculum element	National curriculum element	National curriculum element	National curriculum element	National curriculum element	National curriculum element
Rugby - use a range of tactics and strategies to overcome opponents	Rugby - use a range of tactics and strategies to overcome	Rugby - use a range of tactics and strategies to overcome	Rugby - use a range of tactics and strategies to overcome	Cricket - use a range of tactics and strategies to overcome	Cricket - use a range of tactics and strategies to overcome opponents



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<p>in direct competition through team and individual games</p> <p>CC - develop their technique and improve their performance in other competitive sports</p>	<p>opponents in direct competition through team and individual games</p> <p>CC - develop their technique and improve their performance in other competitive sports</p> <p>Hockey - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>opponents in direct competition through team and individual games</p> <p>CC - develop their technique and improve their performance in other competitive sports</p> <p>Hockey - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>opponents in direct competition through team and individual games</p> <p>CC - develop their technique and improve their performance in other competitive sports</p> <p>Hockey - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>opponents in direct competition through team and individual games</p> <p>Athletics - develop their technique and improve their performance in other competitive sports</p>	<p>in direct competition through team and individual games</p> <p>Athletics - develop their technique and improve their performance in other competitive sports</p>
Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks
<p>Rugby Assessment</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the laws in rugby. Further development-Inter house/form rugby comp. <p>CC Assessment</p> <ul style="list-style-type: none"> Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones; accept the challenge they are presented with and understand how to improve their performance. 	<p>Hockey</p> <p>Assessment – Skill Related Circuits</p> <ul style="list-style-type: none"> To demonstrate the ability to replicate skills learnt in the unit. The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets. <p>Assessment – Game Situation</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to demonstrate their knowledge and 	<p>Hockey</p> <p>Assessment – Skill Related Circuits</p> <ul style="list-style-type: none"> To demonstrate the ability to replicate skills learnt in the unit. The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets. <p>Assessment – Game Situation</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to demonstrate their knowledge and 	<p>Hockey</p> <p>Assessment – Skill Related Circuits</p> <ul style="list-style-type: none"> To demonstrate the ability to replicate skills learnt in the unit. The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets. <p>Assessment – Game Situation</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to demonstrate their knowledge and 	<p>Athletics</p> <ul style="list-style-type: none"> To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each. Teacher grades against the SAC assessment grades. Use scoring/recording of pupils distance and times to form an appropriate level <p>Cricket</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation use a range of techniques. The pupils are to develop their knowledge and understanding of the laws of cricket. To demonstrate a variety of tactics based on the 	<p>Athletics</p> <ul style="list-style-type: none"> To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each. Teacher grades against the SAC assessment grades. Use scoring/recording of pupils distance and times to form an appropriate level <p>Cricket</p> <ul style="list-style-type: none"> To demonstrate the ability to outwit an opponent in a game situation use a range of techniques. The pupils are to develop their knowledge and understanding of the laws of cricket. To demonstrate a variety of tactics based on the



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<ul style="list-style-type: none"> • Know how to prepare for and recover from endurance running. • Be able to confidently describe the long term effects of exercise on the body. • Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance. • Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance. • Competed on a regular basis for the College outside of School time. 	<p>understanding of the rules in hockey + officiating.</p> <p>Rugby Assessment</p> <ul style="list-style-type: none"> • To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. • To accurately replicate actions and tactical sequences. • To show their knowledge and understanding of the laws in rugby. • Further development- Inter house/form rugby comp. <p>CC Assessment</p> <ul style="list-style-type: none"> • Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones; • accept the challenge they are presented with and understand how to improve their performance. • Know how to prepare for and recover from endurance running. • Be able to confidently describe the long term effects of exercise on the body. 	<p>understanding of the rules in hockey + officiating.</p> <p>Rugby Assessment</p> <ul style="list-style-type: none"> • To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. • To accurately replicate actions and tactical sequences. • To show their knowledge and understanding of the laws in rugby. • Further development- Inter house/form rugby comp. <p>CC Assessment</p> <ul style="list-style-type: none"> • Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones; • accept the challenge they are presented with and understand how to improve their performance. • Know how to prepare for and recover from endurance running. • Be able to confidently describe the long term effects of exercise on the body. 	<p>understanding of the rules in hockey + officiating.</p> <p>Rugby Assessment</p> <ul style="list-style-type: none"> • To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. • To accurately replicate actions and tactical sequences. • To show their knowledge and understanding of the laws in rugby. • Further development- Inter house/form rugby comp. <p>CC Assessment</p> <ul style="list-style-type: none"> • Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones; • accept the challenge they are presented with and understand how to improve their performance. • Know how to prepare for and recover from endurance running. • Be able to confidently describe the long term effects of exercise on the body. 	<p>placement of the ball in relation to fielders</p> <ul style="list-style-type: none"> • Teacher grades against the SAC assessment grades. • Use scoring/recording of pupils eockets, runs, catches and stumpings to form an appropriate level 	<p>placement of the ball in relation to fielders</p> <ul style="list-style-type: none"> • Teacher grades against the SAC assessment grades. • Use scoring/recording of pupils eockets, runs, catches and stumpings to form an appropriate level
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	<ul style="list-style-type: none">• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance• Competed on a regular basis for the College outside of School time	<ul style="list-style-type: none">• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidanceCompeted on a regular basis for the College outside of School time	<ul style="list-style-type: none">• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidanceCompeted on a regular basis for the College outside of School time		
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