



KEY STAGE 3 – YEAR 7 – PHYSICAL EDUCATION

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
Rugby weeks 1-3 1) Ball Familiarisation 2) Passing and Retrieving 3) Beating Opponents/Attacking Play 4) Tackling Basketball 4-6 5) Ball Familiarisation 6) Passing, receiving and outwitting an opponent 7) Intro to dribbling & Pivoting 8) Intro Shooting – Set Shot	Basketball weeks 1-3 1) Shooting – Lay Up 2) Assessment Hockey 4-6 3) Grip, Dribbling, Handling, Passing and Receiving 4) Dodging 5) Defending/block tackle/jab tackle 6) Outwitting opponents/use of space 7) Assessment	Gymnastics 1) Recap balance – Individual/Partner Work; Counter-Tension/Counter Balance 2) Recap Rotation 3) Inverted Balance 4) Linking counter balance, inverted balance and rotation into sequence 5) Vaulting – low level apparatus (beams); intro to basic vaulting 6) Vaulting – apparatus 7) Assessment	Athletics 1) Introduce running style (100/200/400m) 2) Introduce Pace running – 800m 3) Long Jump 4) Shot Putt 5) Javelin 6) Hurdles 7) Discus 8) Assessment	Cricket 1) Ball Familiarisation/catching 2) Fielding 3) Bowling 4) Batting 5) Game situations/basic strategies 6) Assessment	Table Tennis 1) Introduce the Grip & backhand push 2) Service laws 3) Introduce forehand push 4) Forehand topspin 5) Doubles play 6) Assessment
NC Aspect – Tactics and strategies in Team Games	NC Aspect – Tactics and strategies in Team Games	NC Aspect – Improving Technique and performance in sports	NC Aspect – Develop their technique and improve their performance in competitive sports	NC Aspect – Use a range of tactics and strategies to overcome opponents in direct competition through team games	NC Aspect – Use a range of tactics and strategies to overcome opponents in direct competition through individual games



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Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks	Assessment / Composite Tasks
<p>Basketball</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 develop their knowledge and understanding of the rules in basketball. Further development - Inter house/form basketball comp 	<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 understanding of the rules in hockey + officiating. Further development - Inter house/form hockey comp. 	<ul style="list-style-type: none"> Link skills to create simple routines for assessment of own and others work. To accurately replicate vaulting techniques over differentiated apparatus. To improve pupils appreciation of performance and ways of improving. To know their own KS3 level and ways of improving. 	<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. 	<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 placement of the ball in relation to fielders. 	<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 develop their knowledge and understanding of the rules in table tennis. To know and use the different types of shots. To demonstrate a variety of tactics based on the movements of others and the ball.