

## Year 7 Curriculum Grid PE

Year/term	Intent
7	<ul style="list-style-type: none"> <li>• To deliver lessons that cover a variety for sports to cater for all student interests.</li> <li>• Lessons delivered at different times of the year based on seasonal weather/space/teams.</li> <li>• The priority is to keep students active and engaged.</li> <li>• Opportunities for leadership during warm-up and game related activities (strategies/tactics)</li> <li>• By the end of Year 7, most students to know the major muscles and bones that are covered in the GCSE syllabus.</li> </ul>
Autumn (Sep – Oct)	<ul style="list-style-type: none"> <li>• To learn and develop skills in the following sports: Netball Basketball Rugby Football</li> <li>• To experience game play as part of an Interform competition (Girls – football, Boys – rugby)</li> <li>• Some lessons will be adapted depending on the weather, space and staffing</li> <li>• Students will cover the following topics:  Game play Passing and possession Beating a player/Dribbling/Dodging/1v1 Attacking strategies/shooting Defending strategies/tackling/marketing</li> <li>To learn 6 major muscle groups – gastrocnemius, tibialis anterior, hamstrings, quadriceps, biceps, triceps</li> </ul>
Winter 1 (Nov - Dec)	<ul style="list-style-type: none"> <li>• To learn and develop skills in the following sporting activities: Lacrosse Handball Hockey</li> <li>• Students will cover the following topics:  Game play Passing and possession Beating a player/Dribbling/Dodging/1v1 Attacking strategies/shooting Defending strategies/tackling/marketing</li> <li>Fitness – methods of training, principles of training, designing a fitness programme</li> </ul>

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	<p>To learn 5 more major muscle groups – hip flexors, gluteals, pectorals, deltoid, external obliques (and the previous 6)</p>
<p>Winter 2 (Jan – Easter)</p>	<ul style="list-style-type: none"> <li>• To learn and develop skills in the following sporting activities: Football (see above) Table tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies Handball (see above) Fitness – methods of training, principles of training, designing a fitness programme Gymnastics/Trampolining – flight, locomotion and balance</li> <li>• To experience game play as part of an Interform competition (Girls – netball, Boys – football)</li> <li>• 3 indoor activities (due to the inclement weather at this time of year) to help with engagement and motivation.</li> </ul> <p>PSHCE – to cover diet, alcohol and smoking, and first aid</p>
<p>Summer (Easter - Summer)</p>	<ul style="list-style-type: none"> <li>• To learn and develop skills in the following sports: Tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies Rounders – fielding, bowling, batting, gameplay Cricket – fielding, bowling, batting, gameplay Athletics – running (short and long distance), throwing, jumping</li> <li>• To experience game play as part of an Interform competition (Girls – rounders, Boys – cricket)</li> <li>• Some lessons will be adapted depending on the weather, space and staffing</li> </ul> <p>Learn the following major bones – femur, tibia, fibula, humerus, ulna, radius</p> <p>Learn the following major bones – ribs, sternum, carpals, tarsals, clavicle, scapular (and the previous 6)</p>