

Year 7 PE

| Subject and Year Group | Invasion games | Net/wall games | Striking and fielding games | Athletics | Creative movement | Other |
|--|---|---|--|--|---|---|
| Sports/activities we currently cover | <ul style="list-style-type: none"> Rugby Football Hockey Netball Handball | <ul style="list-style-type: none"> Badminton Volleyball Table Tennis Tennis | <ul style="list-style-type: none"> Cricket Rounders Dodgeball | <ul style="list-style-type: none"> X2 Jumps – LJ/HJ X2 Throws – Discus/Javelin X2 Runs – 70m/1000m | <ul style="list-style-type: none"> Gymnastics | <ul style="list-style-type: none"> HRF Problem solving |
| Core practical knowledge and skills | <p>Core skills and techniques from a range of sports and practical activities- including passing & receiving/outwitting opponents/defensive skills/tactics & strategies/positioning/shot selection/composition of sequences/decision making/rules & regulations</p> <p>All lessons have a particular focus on team work, social interaction, respect, resilience, responsibility.</p> | | | | | |
| Powerful Knowledge (Theory content to be implemented) | <p>Health, fitness and well-being. Why PE?</p> <ul style="list-style-type: none"> Physical; prevents injury, decrease risk of non-communicable disease, bone density, prevents obesity, increase fitness. Mental; Self-esteem and confidence, stress management, positive body image. Social; Increased friendship group, sense of belonging, socially active development. | <p>Components of fitness and application to practical sports performance:</p> <ul style="list-style-type: none"> Agility Balance Coordination Cardiovascular Endurance Muscular Endurance Muscular Strength Power Reaction time Flexibility Speed | <p>HR/Training zones- Aerobic/Anaerobic training</p> <ul style="list-style-type: none"> 220- age 60-80% for aerobic 80% + for anaerobic | <p>Methods of training and application to sports performers:</p> <ul style="list-style-type: none"> Continuous Fartlek Interval Circuit HIIT Plyometrics Weight | <p>Principles of training and how these apply to improve performance:</p> <ul style="list-style-type: none"> Specificity Progression Overload Reversibility Frequency Intensity Time Type | <p>Diet- Macro-micronutrients</p> <ul style="list-style-type: none"> Carbohydrates Proteins Fats Fibre Water Vitamins Minerals |

| Assessment | <i>Half term 1</i> | <i>Half term 2</i> | <i>Half term 3</i> | <i>Half term 4</i> | <i>Half term 5</i> | <i>Half term 6</i> |
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| Assessment for and of Learning | <ul style="list-style-type: none"> - Practical assessment of all core/advanced skills. Staff to set up previously learnt practical skills carousel and rotate students accordingly. - Theory assessment using Microsoft Office Forms/ Kahoot for all groups incorporating a range of multiple choice/short answer questions. | | | | | |