



PE Curriculum Plan Overview

Year 7			
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing	Complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness: Cardio vascular endurance, Strength, Power, Speed, Agility, Co-ordination.	Discuss what tests are completed for different components of fitness, research the BBC Blueprint test online.
	Tennis	Link components of fitness to sports and activities. Setting up of a court, Ball & racquet control, Track it with your racquet	Watch a Tennis match and name the different shots a player uses.
Assessment:	Staff observation of assessment criteria & video evidence		
Autumn 2	Tennis Cont.	Underarm serve Forehand/backhand shot, Game play	Watch a Table Tennis match and name the different shots a player uses.
	Table Tennis	Setting up tables. Basic rules. Backhand bounce serve. Backhand/Forehand push shot. Rallies. Game play	
Assessment:	Staff observation of assessment criteria & video evidence		
Spring 1	Health Related Fitness	Lockdown focus on wellbeing Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing. Focus on fitness topics: Cardio vascular endurance Muscular strength Muscular endurance,	Lockdown focus on wellbeing Encourage students to take part in the online activities on offer through the links shared on the google classroom: Yoga, Cardio and strength Fitness session

		Coordination Agility	
Assessment:	Staff observation of assessment criteria & video evidence		
Spring 2	<p>Health Related Fitness</p> <p>Team games</p> <p>OAA**/ Team Building</p>	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p> <p>Focus on fitness topics: Cardio vascular endurance Muscular strength Muscular endurance, Coordination Agility</p> <p>Team games with a focus on: -Fun/enjoyment - developing movement confidence/competence - Shared experience with peers - Chance to be competitive and the social rules surrounding this.</p> <p>Work together to solve a problem. Understand the importance of the 3 C's (Communication, co-operation & Concentration) for teamwork.</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p> <p>Yoga, Cardio and strength Fitness session</p> <p>Recall and discuss the 3 C's of teamwork and be able to describe them.</p>
Assessment:	Staff observation of assessment criteria & video evidence		
Summer 1	Athletics	<p>Demonstrate basic technique for:</p> <p>Shot Putt Javelin Discus Long Jump Triple Jump Sprinting</p>	<p>Watch highlights of the Olympics and watch the different disciplines that you child attempts at school.</p>
Assessment:	Staff observation of assessment criteria & video evidence		
Summer 2	Cricket /rounders	<p>Basic throwing technique underarm Basic catching technique underarm Batting grip</p>	<p>Watch videos clips of the skills covered in the cricket/rounders unit.</p>

		Basic rules of the game	