



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:	<u>Staff observation of assessment criteria & video evidence</u>		
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:	<u>Staff observation of assessment criteria & video evidence</u>		
Spring 1	Gymnastics	Balances: partner, group and small apparatus. Exploring elementary travel: including turns. Elementary flight linked with small apparatus.	Watch a gymnastic performance and name the different elements a performer includes in their sequence, e.g., forward roll.

Assessment:	Staff observation of assessment criteria & video evidence		
<p>Spring 2</p>	<p>OAA** /Team Building</p> <p>Basketball</p>	<p>Work together to solve a problem.</p> <p>Understand the importance of the 3 C's (Communication, co-operation & Concentration) for teamwork.</p> <p>Different passes:</p> <p>Chest,</p> <p>Bounce,</p> <p>Overhead</p> <p>Key points of dribbling the ball.</p> <p>Basic rules of basketball,</p>	<p>Recall the 3 C's of teamwork and be able to describe them.</p> <p>Watch a game of basketball and name the different skills a player uses.</p>
Assessment:	Staff observation of assessment criteria & video evidence		
<p>Summer 1</p>	<p>Athletics</p>	<p>Demonstrate basic technique for:</p> <p>Shot Putt</p> <p>Javelin</p> <p>Discus</p> <p>Long Jump</p> <p>Triple Jump</p> <p>Sprinting</p> <p>Distance running</p>	<p>Watch highlights of the Olympics and watch the different disciplines that your child attempts at school.</p>
Assessment:	Staff observation of assessment criteria & video evidence		
<p>Summer 2</p>	<p>Cricket /rounders</p>	<p>Basic throwing technique underarm</p> <p>Basic catching technique underarm</p> <p>Batting grip</p> <p>Basic rules of the game</p>	<p>Watch videos clips of the skills covered in the cricket/rounders unit.</p>