

Curriculum Overview for Physical Education - Year 7

When?	What?	Why?	How?	Support
Autumn Half Term - 1	Base Line Assessments	Students will take part in a half term of baseline assessments across numerous sports in order to be able to accurately set into ability groups ready for after October half term.	Students will take part in six different sporting activities and will spend two lessons on each area. They will be assessed 1-5; with 1 being outstanding. An average score from all six areas will be collated and the students will be set accordingly.	GCSE PE Specification: http://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2009.html
Autumn Half Term - 2	Swimming Football Table Tennis Netball Dance Volleyball Rugby Badminton	The key processes required and the skills to develop during Physical Education lessons in order to improve are: Developing Skills in Physical Activity <ul style="list-style-type: none"> • Refine and adapt skills into techniques • Develop the range of skills used • Develop the precision, control and fluency of skills 	The study of PE should include activities that cover at least four of the following: <ul style="list-style-type: none"> • Outwitting opponents, as in games activities • Accurate replication of actions, phrases and sequences, as in gymnastic activities • Exploring and communicating ideas, concepts and emotions, as in dance activities • Performing at maximum levels in relation to speed, height, distance, strength or accuracy, as in athletic activities • Identifying and solving problems to overcome challenges of an adventurous nature, as in Life Saving and Personal Survival in swimming and outdoor activities • Exercising safely and effectively to improve health and wellbeing, as in fitness and health activities. 	
Spring Half Term - 1	Rugby Swimming Football Trampoline Gymnastics Dance Dodgeball Badminton	Making and Applying Decisions <ul style="list-style-type: none"> • Select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts • Refine and adapt ideas and plans in response to changing circumstances • Plan and implement what needs practising to be more effective in performance • Recognise hazards and make decisions about how to control any risks 		
Spring Half Term - 2	Hockey Volleyball Swimming Tennis Trampoline Basketball Table Tennis Dance Netball			

Summer Half Term - 1

Cricket
Rounders
Swimming
Athletics

Developing Physical and Mental Capacity

- Developing physical strength, stamina, speed and flexibility to cope with the demands of different activities
- Developing mental determination to succeed.

Summer Half Term - 2

Cricket
Rounders
Swimming
Athletics