

## Curriculum Overview for Physical Education - Year 7

When?	What?	Why?	How?	Support
Autumn Term	<p><b>Base Line Assessments</b></p> <p><b>Team Sports:</b></p> <p>Netball Rugby Football Handball</p> <p><b>Aesthetics:</b></p> <p>Dance</p> <p><b>Swimming</b></p>	<p>After completing a short baseline assessment, students will start their unit of work on team games. They will develop their skills and knowledge with a focus on teamwork and communication, through teaching of team games such as rugby, football, netball and handball. We aim to develop confidence and leadership skills in all lessons.</p> <p>Throughout the year, dance lessons will be taught with the aim of developing coordination and fluency of movement, while boosting confidence and creativity. Each group will</p> <p>Throughout the school year, swimming lessons will also be delivered. Students will develop their confidence in the water as well as their technique in a range of recognised swimming strokes.</p> <p>Throughout the term, students will be challenged to improve their confidence in PE, develop their teamwork and communication skills to make new friends and enjoy being active and competitive, and develop their leadership skills in small groups.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons. Through the Scheme of Learning, students will explore different roles within team games, learn about strategies to attack and defend and develop the core skills specific to each sport.</p> <p>Students will be encouraged to explore the similarities and differences between the games and apply their learning in competition situations.</p> <p>Dance lessons will be delivered to all students by a specialist dance teacher. All students will explore dance as one of their activities for a half term.</p> <p>Swimming will also be delivered by a qualified teacher as one of their activities for a half term.</p>	<p>GCSE PE Specification:</p> <p><a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</a></p>
Spring Term	<p><b>Net and Wall Games:</b></p> <p>Table Tennis Badminton Tennis</p> <p><b>Aesthetics:</b></p> <p>Dance Gymnastics</p> <p><b>Swimming</b></p>	<p>During this term, students will look at a range of individual sports. Their focus will be on mental and physical well-being, through concepts such as self-discipline, resilience and competition. Students will be encouraged to be reflective and self-critical, with a focus on learning from their mistakes. The unit will also explore the social benefits of taking part in sport and competition and the impact that it can have on wellbeing.</p> <p>Students will complete units on badminton and table tennis to develop coordination, strategic thinking and individual competition.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons. Students will be encouraged to enjoy developing their skills and applying them in competitive scenarios.</p> <p>Dance lessons will be delivered to all students by a specialist dance teacher. All students will explore dance as one of their activities for a half term.</p>	

		<p>Students will develop a range of core skills and knowledge of rules to be an effective performer in each of the sports. Students will explore similarities and differences between them, and learn to transfer skills between them.</p> <p>Gymnastics lessons will build on the fluency and coordination of movement and develop student confidence in their physical ability.</p>	<p>Swimming will also be delivered by a qualified teacher as one of their activities for a half term.</p> <hr/>	
<b>Summer Term</b>	<p><b>Athletics</b></p> <p><b>Striking and Fielding Games:</b></p> <p>Cricket Rounders</p> <p><b>Aesthetics:</b></p> <p>Dance</p> <p><b>Swimming</b></p>	<p>This term's focus is on physical literacy and exploring the limits of what our body can achieve. Students will be encouraged to apply their learning from all other sports and activities to explore how fast, how high and how far they can run, jump and throw!</p> <p>During the summer term, students will also explore some striking and fielding games, such as rounders and cricket. Students will aim to develop their core skills in batting and fielding and apply strategic concepts to be effective as a team.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons. Students will be encouraged to enjoy developing their skills and applying them in competitive scenarios.</p> <p>Dance lessons will be delivered to all students by a specialist dance teacher. All students will explore dance as one of their activities for a half term.</p> <p>Swimming will also be delivered by a qualified teacher as one of their activities for a half term.</p>	