

Year 7 Invasion Games

Overview - Students will be taught four invasion games across the year, football, basketball, handball, and netball. They will develop their spatial awareness, co-ordination, use of space and being able to work as team. They will be taught the rules and regulations of each sport and be expected to always adhere to the rules. They will build upon the game and play nature of Key Stage 2 to begin to learn the skills and tactics of invasion games.

Students will spend 8 lessons on each individual sport.

Content	Key skills	Key subject terminology	Assessment	Extra-Curricular
<ul style="list-style-type: none"> To be able to pass, shoot and dribble effectively on their own, under pressure and in a game situation. To know different tactics to defend and attack effectively. To be able to work well as part of a team. 	<ul style="list-style-type: none"> Passing Shooting Dribbling Attacking Defending 	<ul style="list-style-type: none"> Passing Shooting Dribbling Attacking Defending Lay up Set shot Man to man Zone Pivot Jump shot Runner Centre Goal attack Goal shooter Wing attack Wing defence Goal defence Goalkeeper 	<p>Students will be assessed throughout the unit (sport) being taught. They will be assessed against Key Performance Indicators (KPIs) which are included at the bottom of this document</p> <p>Football will assess KPIs 1,2 & 5 Basketball will assess KPIs 1, 2 & 5 Handball will assess KPIs 1, 2 & 5 Netball will assess KPIs 1, 4 & 6</p>	<p>Students will have the opportunity to improve their skills in each of the four sports at extra-curricular clubs. These clubs will run after school on specific days during the winter and spring terms.</p> <p>Students that excel at extra-curricular clubs will be selected to represent the school team in football, basketball, and netball.</p>

Year 7 Striking and Fielding Games

Overview - Students will be taught one striking and fielding game across the year, which is rounders. They will develop their co-ordination, use of tactics to set effective fielding positions and being able to work as team. They will be taught the rules and regulations of rounders and be expected to always adhere to the rules. They will build upon the game and play nature of Key Stage 2 to begin to learn the skills and tactics of striking and fielding games.

Students will spend 8 lessons on rounders.

Content	Key skills	Key subject terminology	Assessment	Extra-Curricular
<ul style="list-style-type: none"> To be able to throw, catch, bat, bowl, and field effectively. To develop tactics set fields effectively. To be able to work well as part of a team. 	<ul style="list-style-type: none"> Catching Throwing Batting Bowling Fielding 	<ul style="list-style-type: none"> Catching Fielding Bowling Batting 	<p>Students will be assessed throughout the unit (sport) being taught. They will be assessed against Key Performance Indicators (KPIs) which are included at the bottom of this document</p> <p>Rounders will assess KPIs 1, 3 & 5</p>	<p>Students will have the opportunity to improve their skills in rounders at extra-curricular club. This clubs will run after school on specific days during the summer term.</p>

Year 7 Net and wall Games

Overview - Students will be taught three net and wall games across the year, table tennis, badminton, and tennis. They will develop their spatial awareness, co-ordination, use of space and being to work as team. They will be taught the rules and regulations of each sport and be expected to always adhere to the rules. They will build upon the game and play nature of Key Stage 2 to begin to learn the skills and tactics of net and wall games.

Students will spend 8 lessons on each individual sport.

Content	Key skills	Key subject terminology	Assessment	Extra-Curricular
<ul style="list-style-type: none"> • To be able to play ground strokes, volleys and serves as appropriate. • To develop tactics to defend and attack effectively. • To be able to assess their own and others performance. 	<ul style="list-style-type: none"> • Forehand • Backhand • Volleys • Serving 	<ul style="list-style-type: none"> • Backhand • Forehand • Serving • Smash • Ready position • Overhead clear • Drop shot 	<p>Students will be assessed throughout the unit (sport) being taught. They will be assessed against Key Performance Indicators (KPIs) which are included at the bottom of this document</p> <p>Table Tennis will assess KPIs 1, 3 & 6 Badminton will assess KPIs 1, 4 & 6 Tennis will assess KPIs 1, 4 & 6</p>	<p>Students will have the opportunity to improve their skills in each of the three sports at extra-curricular clubs. These clubs will run after school on specific days.</p> <p>Students that excel at extra-curricular clubs will be selected to represent the school team in table tennis and tennis.</p>

Year 7 Athletic activities

Overview - Students will be taught Athletic Activities (Athletics) across the year. They will cover sprinting, long-distance running, the relay, discus, shot put and javelin. They will develop their technique in each discipline. They will be taught the rules and regulations of each sport and be expected to always adhere to the rules. They will build upon the game and play nature of Key Stage 2 to begin to learn the skills and tactics of athletic activities.

Students will spend 8 lessons on each individual sport.

Content	Key skills	Key subject terminology	Assessment	Extra-Curricular
<ul style="list-style-type: none"> • To be able to pass, shoot and dribble effectively on their own, under pressure and in a game situation. • To develop tactics to defend and attack effectively. • To be able to work well as part of a team. 	<ul style="list-style-type: none"> • Sprinting • Pace running • Throwing 	<ul style="list-style-type: none"> • Sprint starts • Pace running • T position • Low to high • Release point • Baton 	<p>Students will be assessed throughout the unit (sport) being taught. They will be assessed against Key Performance Indicators (KPIs) which are included at the bottom of this document</p> <p>Athletics will assess KPIs 1, 3 & 7</p>	<p>Students will have the opportunity to improve their skills in athletics. These clubs will run after school on specific days.</p> <p>Students that excel at extra-curricular clubs will be selected to represent the school team in athletics and cross country.</p>

Year 7 Fitness

Overview - Students will be taught fitness during the year. They will develop their knowledge of several types of fitness, different methods of training specific to types of fitness and how to warm up and cool effectively. They will be taught how to use equipment safely and be expected to always carry out exercises in a safe way.

Students will spend 8 lessons on the fitness unit.

Content	Key skills	Key subject terminology	Assessment	Extra-Curricular
<ul style="list-style-type: none"> • To be able to train to improve cardiovascular endurance, muscular endurance, muscular strength, and flexibility. • To know how to perform different exercises effectively. • To be able to test and measure their progress in different fitness areas. 	<ul style="list-style-type: none"> • Cardiovascular endurance • Muscular endurance • Muscular strength • Flexibility 	<ul style="list-style-type: none"> • Warm up • Pulse raiser • Dynamic stretching • Static stretching • Aerobic • Anaerobic • Target zone • Pulse rate 	<p>Students will be assessed throughout the unit (sport) being taught. They will be assessed against Key Performance Indicators (KPIs) which are included at the bottom of this document</p> <p>Football will assess KPIs 7, 8 & 9</p>	<p>Students will have the opportunity to improve their fitness. These clubs will run before school every day and after school on specific days.</p>

Year	Fit to Perform		Fit to Lead		Fit for Life	
	SKILLS		LEADERSHIP		LIFESTYLE	
7	1 Performance	Effectively performs a range of actions, skills, and techniques with control, combining them appropriately both in isolation and game play settings.	4 Partnership	Successfully leads a partner in the warmup showing respect, empathy, and good cooperation skills in doing so.	7 Physical performance	Demonstrates appropriate cardiovascular fitness, muscular strength, and muscular endurance across activities, including being able to complete periods of sustained exercise.
	2 Tactics	Successfully employs simple tactics or creative processes in practical settings.	5 Communication	Understands simple tactics or creative ideas and can communicate those effectively using good verbal and non-verbal skills.	8 Diet	Knows and can explain how physical activity and diet contributes to a healthy lifestyle.
	3 Analysis	Accurately describes their own and others' performances, using appropriate vocabulary and concepts to identify main strengths and areas for improvement.	6 Role Model	Leads by example in lessons through their enthusiasm and determination to achieve their best and overcome challenges.	9 Body	Know and can identify basic structures of the body including muscles. Know and can describe Heart rate and changes during exercise.