Our Lady Queen of Peace
Catholic High School

Curriculum Overview

Year 7 Physical Education

Careers		
Local Market Information	**Skills**	**Jobs**
See skills	Ability to work in a group Ability to learn and apply new information Adaptability	Professional/Semi-professional athlete Fitness Instructor

	Knowledge & Understanding			**Subject Specific Literacy Development**	
	Topics (Bigger Picture)	**Knowledge (Key Concepts)**	**Recall & Retrieval Practice Focus**	**Key Vocabulary**	**Cultural Capital / Enrichment Opportunities**
Week 1 - 12	OAA & Team Building – Boys/girls (Teamwork, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Ball familiarisation, tackling, rucking (attacking), rucking (defending), gap discipline, line pressure, passing from the ruck		Ruck, Playing the ball, Held, Knock on, In Touch, Try, High Tackle, Offside, Marker, 5th Tackle, Scrum Half	
	Badminton – Boys (confidence)	Rules and routines, serving (backhand), serving (underarm), clear, drop shot, smash		Rally, Serve, Backcourt, Disguised serve, Shot Trajectory, Partner work, Stance, Smash shot, Backhand	
	Netball – Girls (physical competence)	Passing, footwork, dodging, shooting, positions, roles and responsibilities, rules – footwork, 3 seconds, contact, obstruction, offside, out of play		Landing foot, double dodge, attacking, defending.	
	Gymnastics – (Creativity and Confidence)	Travelling, rolls, starting and finishing position balances, individual balances –		Forward roll, body tension, sequencing.	

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		points of contact, sequencing to include levels, introduction to trampolining – basic shapes, twists and landings.			
Week 13 - 22	Basketball – boys (Resilience)	Rules, dribbling, utilising space & pivot, shooting, lay ups, defensive stance	Last lesson last sport questions (refer to teacher sheet)	Double dribble, travel, jump ball, crossover, pivot, layup, screening, boxing out,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Boxing / heart rate, continuous training / breathing rate, interval training, agility / endorphins, plyometric training, circuit training / stroke volume		Heart rate, continuous training, breathing rate, interval training, endorphins, plyometrics, stroke volume	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, basic rules.		Split grip, dribble, push pass.	
	Dance – girls (Creativity and Confidence)	Beat, teacher led choreography, unison, group choreography, cannon, rhythm expression, theme		Beat, unison, choreography.	
Week 23 – 31	Handball – boys (tactics and strategy)	Rules (3 steps), Dribbling (Passive Play/3 seconds), passing (space), shooting (standing / jumping), defending (stance), defending (zonal)	Last lesson last sport questions (refer to teacher sheet)	3 Step Rule, 3 Second Rule, Passive Play, Jump Shot, Defensive Stance, Zonal marking, Screening	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to the HAKA / Recognising and moving to the beat, introduction to HAKA developed, unison, cannon, levels, mirroring		The Beat (8 counts), Rhythm, Timing, Unison, Levels, Cannon, Mirroring, Expression	
	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, basic rules – out of play, kick off, goal kick, corner kick		Drag back, inside/outside hook, striking with laces.	
	Volleyball – girls (Resilience)	Dig, volley/set, serve, spike, scoring, basic rules – out of play, number of touches on the ball		Dig, volley, serve.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long	Last lesson last	Grip, stance, height,	Extra-curricular

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		jump, 100m, 300m/baton exchange,800m	sport questions (refer to teacher sheet)	pacing	programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m ,800m		Grip, stance, height, pacing	
Week 40 – 44	Cricket – boys (Leadership and responsibility)	Rules, bowling, fielding / backing up, batting stance	Last lesson last sport questions (refer to teacher sheet)	Over, boundary, long barrier, one handed pick up, wicketkeeper, crease	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Rules, bowling, batting		Strike, no ball, foul, home run, pitcher, catcher, backing up	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit		Bowler, back stop, deep fielder.	
	Cricket – girls (physical competence)	Batting, bowling (underarm), throwing, catching fielding, scoring – 1/4/6		Wickets, an over, boundary.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Safety and control, turning, shapes, seat drops, front drops, performance	Last lesson last sport questions (refer to teacher sheet)	Safety, turning, landing	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – girls (Health and well-being)	Continuous, circuit, interval.		Immediate effects of exercise, heart rate, breathing rate.	

Key Assessments			
When	**What will be assessed?**	**Why is this being assessed?**	**How will results be stored & students receive feedback?**
Baseline	Knowledge of content learnt from the KS2	To provide students with an accurate attainment target.	Results will be stored on sims.

assessment	National curriculum. This is a written and practical assessment.		Pupils will receive immediate feedback from their class teacher.
Half term 3	Physical me, Thinking me, Healthy me Knowledge of **r**ules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of **r**ules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.