

# Physical Education Curriculum Map - Year 7

Term	Units of Study	Curriculum Guidelines	NC –Aims / Focus Points
Autumn 1	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Passing with accuracy</li> <li>• Dribbling with control</li> <li>• Understanding the basic rules</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils are physically active for <b>sustained periods of time</b></li> </ul>
Autumn 2	<p><b>Netball</b></p> <p>Basic passing and ball handling skills</p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Marking</li> <li>• Understanding the basic rules</li> </ul>	<ul style="list-style-type: none"> <li>• To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should <b>develop competence to excel</b> in a <b>broad range</b> of physical activities</li> </ul>
Spring 1	<p><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Understanding the basic rules</li> <li>• The scoring system</li> <li>• Legal serve</li> <li>• Key terminology</li> </ul>	<ul style="list-style-type: none"> <li>• To develop their technique and improve their performance in other competitive sports</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should <b>develop competence to excel</b> in a <b>broad range</b> of physical activities</li> </ul>
Spring 2	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching techniques</li> <li>• Replicating technique</li> <li>• Fielding roles</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• <i>Introduction to Dance</i></li> </ul>	<ul style="list-style-type: none"> <li>• To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> <li>• To perform dances using advanced dance</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should <b>develop competence to excel</b> in a <b>broad range</b> of physical activities</li> </ul>

	<ul style="list-style-type: none"> <li>• <i>Rhythm and beats</i></li> <li>• <i>Cannon and Unison</i></li> <li>• <i>Performance</i></li> </ul>	techniques within a range of dance styles and forms	
Summer 1	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching techniques</li> <li>• Fielding effectively</li> <li>• Making contact with the ball</li> </ul>	<ul style="list-style-type: none"> <li>• To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should <b>engage</b> in <b>competitive sports</b> and activities</li> </ul>
Summer 2	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>• Racket &amp; Ball familiarisation</li> <li>• Basic understanding of rules</li> <li>• Backhand and forehand strokes</li> </ul> <p><b>Outdoor and Adventurous Activities</b></p> <ul style="list-style-type: none"> <li>• <i>Cross country</i></li> <li>• <i>Hare and the Hound</i></li> </ul>	<ul style="list-style-type: none"> <li>• To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage students to lead <b>healthy, active</b> lives.</li> </ul>
Notes*****	All pupils will participate in competitive sports against other schools or in house tournaments throughout the academic year. There will also be opportunities for all pupils to go on school trips to sports clubs and take part in outdoor	<ul style="list-style-type: none"> <li>• To take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils should <b>engage</b> in <b>competitive</b> sports and activities</li> </ul>

	<p>and adventurous activities which present intellectual and physical challenges.</p> <ul style="list-style-type: none"><li>• Free Running</li><li>• HOAC</li></ul>		
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