

PE Year 7	Curriculum Intent: In Year 7, students will explore a wide variety of sporting activities. They will focus on the skill acquisition of each aspect of the sport and activity, exploring the individual elements that contribute towards successful performance. Students will make links between these areas to develop their understanding of how skill acquisition, knowledge of the rules and performance are interlinked. A range of skills within these key areas will be developed throughout each sport that is covered and repeated through practice. Each assessment will be used to inform future learning in the next unit, allowing teachers to focus on areas of knowledge and understanding which may need more practice.															
Units	Outwitting Opponents			Racket Sports			Athletics			Striking and Fielding			Creative Movement / Fitness			
Interleaving	Knowledge is gained through practical lessons where transferable skills come through repeated practice of similar sports.															
Knowledge	Passing Defence / intercepting Attacking / shooting Basic rules of the game Movement			Variety of shots Movement across court Rallying Basic rules of the game			Short distance Middle distance Jumps Throws How to measure and time			Throwing and catching Fielding Basic rules of the game Hitting Bowling			Choreography Routines Sequences Components of fitness Healthy lifestyles			
Understanding	Shown through a range of contexts such as: <i>Transferable skills across a range of sports e.g. Rugby, netball and handball</i> <i>How to select the correct pass in a controlled situation</i> <i>The basic rules in order to engage in games fairly and safely</i> <i>The importance of movement when outwitting opponents in a competitive situation</i>			Shown through a range of contexts such as: <i>The importance of movement when outwitting opponents in a competitive situation</i> <i>The basic rules in order to engage in games fairly and safely</i> <i>How to select the correct show within a competitive situation</i>			Shown through a range of contexts such as: <i>How to maximise performance within each of the athletics disciplines</i> <i>How to measure and record distances and times accurately</i> <i>How to safely perform each of the athletics disciplines</i>			Shown through a range of contexts such as: <i>How to consistently catch and throw a ball using the correct techniques</i> <i>How to field effectively to reduce the opponent's score</i> <i>How to make contact with objects in order to maximise team performance</i> <i>The basic rules in order to engage in games fairly and safely</i>			Shown through a range of contexts such as: <i>Explore different methods of training to develop fitness levels</i> <i>Apply the components of fitness to specific training methods</i> <i>Be creative in developing dance motifs</i>			
Skills	Demonstrate	Analyse	Apply	Evaluate	Demonstrate	Analyse	Apply	Evaluate	Demonstrate	Analyse	Apply	Evaluate	Demonstrate	Analyse	Apply	Evaluate
Assessment	Teacher practical observation Peer assessment Self-assessment			Teacher practical observation Peer assessment Self-assessment			Teacher practical observation Peer assessment Self-assessment			Teacher practical observation Peer assessment Self-assessment			Teacher practical observation Peer assessment Self-assessment			