

Long-term planning

PE - Year 7

Year 7 Themes	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
<p>Students are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. They also learn to develop their technique and improve their performance in other competitive sports.</p> <p>In Year 7 the sports have been chosen to give a wide range of opportunities for students, with the aim that they find</p>	Students will know that	Students will know that	Students will know that	Students will know that	Students will know that	Students will know that
	<p>Base-line assessments are used to see where their strengths and weaknesses lie.</p> <p>MovNat - The body is designed to move efficiently in specific ways.</p> <p>Rugby is played to a set of rules and requires a number of skills to be successful.</p> <p>Dodge ball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Rugby is played to a set of rules and requires a number of skills to be successful.</p> <p>Cross-Country is a combination of muscular endurance and cardiovascular fitness. There are tactics involved in running longer distances and different running styles used.</p>	<p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Volleyball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Gymnastics is about making your performance aesthetically pleasing. Sequences involve putting together various balances and shapes whilst moving in and out of balances using various forms of travel.</p>	<p>Cricket is played to a set of rules and requires a number of skills to be successful.</p> <p>Athletics has many disciplines that involve running, throwing and jumping.</p> <p>Orienteering consists of running, various manoeuvres, skills and the ability to map read.</p>	<p>Cricket is played to a set of rules and requires a number of skills to be successful.</p> <p>Athletics has many disciplines that involve running, throwing and jumping.</p> <p>Orienteering consists of running, various manoeuvres, skills and the ability to map read.</p>
	Students will know how	Students will know how	Students will know how	Students will know how	Students will know how	Students will know how
	<p>MovNat – breath, run, crawl, get-up, throw, catch, jump, land, balance.</p> <p>Rugby - Pass & catch, beat defenders, find space, use width, outwit opponents.</p>	<p>Rugby - Pass & catch, beat defenders, find space, use width, outwit opponents.</p> <p>Cross-Country – pace themselves effectively and alter their running</p>	<p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities.</p> <p>Understand the</p>	<p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities.</p> <p>Understand the</p>	<p>Cricket – perform and re-call teaching points on the long barrier, one- and two-handed pick-up, throwing and catching, various</p>	<p>Cricket – perform and re-call teaching points on the long barrier, one- and two-handed pick-up, throwing and catching, various</p>

<p>something they enjoy and can achieve in. The skills are mainly based around the fundamentals of movement.</p> <p>As the students progress through the Key Stage, the sports become more intricate and therefore require a higher level of skill and understanding. This means that those wanting to take one of the KS4 options can do so as they have a solid platform from which to begin.</p> <p>It also allows those who</p>	<p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>technique according to the terrain. They will know how to run indifferent training zones and warm-up effectively.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>principles of attack and defence.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p> <p>Volleyball – serve, dig, set, spike. Understand the principles of attack and defence.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>principles of attack and defence.</p> <p>Gymnastics – jump, land, balance, roll, perform shapes in the air e.g straddle and how to link them together.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>shots and how to bowl.</p> <p>Athletics – perform and recall teaching points in high jump, shot putt, triple jump, discus, javelin, long jump, sprinting, middle distance running and relay changeovers.</p> <p>Orienteering - Running – distance estimation, pacing, how to plan a route. Manoeuvres – aiming off, attack points, handrails. Skills – safety, Country code Map Reading – orientate the map, contours, terrain.</p>	<p>shots and how to bowl.</p> <p>Athletics – perform and recall teaching points in high jump, shot putt, triple jump, discus, javelin, long jump, sprinting, middle distance running and relay changeovers.</p> <p>Orienteering - Running – distance estimation, pacing, how to plan a route. Manoeuvres – aiming off, attack points, handrails. Skills – safety, Country code Map Reading – orientate the map, contours, terrain.</p>
	<p>Vocabulary and the concepts they link to</p>	<p>Vocabulary and the concepts they link to</p>	<p>Vocabulary and the concepts they link to</p>	<p>Vocabulary and the concepts they link to</p>	<p>Vocabulary and the concepts they link to</p>	<p>Vocabulary and the concepts they link to</p>
	<p>MovNat - inverted crawl, knee hand crawl, foot-hand crawl, cross sit, prone, front rocking, figure 4, split landing, push press throw.</p> <p>Rugby - Rucking, scrummaging, line</p>	<p>Rugby - rucking, scrummaging, line speed, offloading, dummying, drawing a man, creating overlaps. Evasion, defensive play, outwitting</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving,</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving,</p>	<p>Cricket - long barrier, pull shot, cut shot, forward defensive, backward defensive, straight drive, figure-of-six, seam bowling, spin bowling.</p> <p>Athletics - distance, pacing, hurdles, run</p>	<p>Cricket - long barrier, pull shot, cut shot, forward defensive, backward defensive, straight drive, figure-of-six, seam bowling, spin bowling.</p> <p>Athletics - distance, pacing, hurdles, run</p>

aren't taking a KS4 option to have the confidence to participate and compete in a wide range of sports either during KS4 Games and Wellbeing, or in their own time outside of school.	speed, offloading, dummied, drawing a man, creating overlaps. Evasion, defensive play, outwitting opponents, catching, passing, contact. Dodge ball - pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.	opponents, catching, passing, contact. Cross-Country – fluency, aerobic, anaerobic, strength, endurance, uphill, downhill, start, obstacles, pacing, terrain, team. Dodge ball - pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.	catching, shot-stopping, parry Basketball - set shot, lay-up, rebounding, jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead). Volleyball - set, dig, spike, underarm serve, overarm serve. Dodge ball - pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.	catching, shot-stopping, parry Gymnastics - sequence, travel, rolls, balances, shapes, pike, straddle, tuck, dish, extension, tension, transition, levels. Dodge ball - pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.	up, landing, take off, coordination, balance, agility, technique, approach, jumping for distance, physical conditioning, running for speed, push throw, pull throw, sling throw. Orienteering - Distance estimation, pacing, route, short legs, handrails, long legs, aiming off, attack points, compass, navigation, country code, safety, scale, orientate map, contours, terrain, legend.	up, landing, take off, coordination, balance, agility, technique, approach, jumping for distance, physical conditioning, running for speed, push throw, pull throw, sling throw. Orienteering - Distance estimation, pacing, route, short legs, handrails, long legs, aiming off, attack points, compass, navigation, country code, safety, scale, orientate map, contours, terrain, legend.
	Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
	Small sided games, performing skills learnt in a pressurised situation. Dodge ball - Small sided games, performing skills learnt in a pressurised situation.	Rugby - Small sided games, performing skills learnt in a pressurised situation. Cross-country – ability to effectively run the various courses. Dodge ball - Small sided games, performing skills	Football - Small sided games, performing skills learnt in a pressurised situation. Basketball - Small sided games, performing skills learnt in a pressurised situation. Volleyball - Small sided games,	Football - Small sided games, performing skills learnt in a pressurised situation. Gymnastics – perform a sequence with a partner. Dodge ball - Small sided games, performing skills	Cricket – small sided games, performing skills learnt in a pressurised situation. Athletics – be measured or timed in each of the events covered and assessed on the technique for each one.	Cricket – small sided games, performing skills learnt in a pressurised situation. Athletics – be measured or timed in each of the events covered and assessed on the technique for each one.

	learnt in a pressurised situation.	performing skills learnt in a pressurised situation. Dodge ball - Small sided games, performing skills learnt in a pressurised situation.	learnt in a pressurised situation.	Orienteering – compete in paired and group races.	Orienteering – compete in paired and group races
Diversity & development of cultural capital	Diversity & development of cultural capital	Diversity & development of cultural capital	Diversity & development of cultural capital	Diversity & development of cultural capital	Diversity & development of cultural capital
Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.
Cross-curricular opportunities and enrichment	Cross-curricular opportunities and enrichment	Cross-curricular opportunities and enrichment	Cross-curricular opportunities and enrichment	Cross-curricular opportunities and enrichment	Cross-curricular opportunities and enrichment
Rugby club after school and numerous fixtures, entry to County competitions.	Cross-country club after school and weekend races. Entry to regional and National competitions. Rugby club after school and numerous fixtures, entry to County competitions.	Football club after school, entry to local, regional and National cup competitions. Basketball club after school, entry to local cup competitions.	Football club after school, entry to local, regional and national cup competitions.	Cricket club after school, entry to County cup competitions. Athletics club after school, entry to local and National cup competitions. Orienteering - cross-curricular links with Geography for map reading skills.	Cricket club after school, entry to County cup competitions. Athletics club after school, entry to local and National cup competitions. Orienteering - cross-curricular links with Geography for map reading skills.