

St Mary's CE High School Curriculum Map 23-24

Year 7 PE



Physical Education aims to create rounded students who find a passion in leading a well-balanced and healthy lifestyle through life long participation in sport and physical activity. We aim to give students the appropriate experiences and skills to be successful in further study and career opportunities in the sport industry.

PE in year 7 provides students an opportunity to equip themselves with the fundamental skills, techniques and tactics in a variety of individual and team activities.

	Autumn 1 <i>An introduction to St Mary's PE</i>	Autumn 2 <i>Styles and principles of gymnastics and dance The fundamentals of invasion games Exploring problem solving in Outdoor and Adventurous activity</i>	Spring 3 <i>The fundamentals of invasion games How does our health link to principles of fitness? Exploring the fundamentals of Net/Wall games</i>	Spring 4 <i>The fundamentals of invasion games How does our health link to principles of fitness? Exploring the fundamentals of Net/Wall games</i>	Summer 5 <i>Exploring the key principles of running, throwing and jumping events in Athletics The fundamentals of invasion games What are the key principles of striking and fielding sports?</i>	Summer 6 <i>Exploring the key principles of running, throwing and jumping events in Athletics The fundamentals of invasion games What are the key principles of striking and fielding sports?</i>
CONTENT <i>Declarative Knowledge – 'Know What'</i>	Dance (Styles and basic principles) Gymnastics (Basic Skills and sequences of movement) Invasion Games (Skills, tactics and strategies) OAA (Collaboration, problem solving,		HRF (Characteristics and importance of performing a warm up/ cool down) Invasion Games (Skills, tactics and strategies) Net/Wall Games (Skills, tactics and strategies)		Athletics (Running, jumping and throwing techniques/ Using strategies in competitive situations) Striking and Fielding (Skills, tactics and strategies) Invasion Games (Skills, tactics and strategies)	



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	performance observation, communication)		
Skills <i>Procedural Knowledge – ‘Know How to’</i>	<p>Dance</p> <ul style="list-style-type: none"> • Basic dance principles (cannon, unison, matching, mirroring, levels, floor patterns) • Observation and analysis of performance • Leading and being led <p>Gymnastics</p> <ul style="list-style-type: none"> • Correct techniques of skills (rolls, handstands, headstands, cartwheels, balance, basics, flight, starting and finishing positions) • Peer support • Observation and analysis of performance <p>OAA</p> <ul style="list-style-type: none"> • How to communicate effectively with team members • Teamwork/trust • Communication • Degrees of success • Observation and analysis of performance • Leading and being led <p>Invasion Games</p> <ul style="list-style-type: none"> • Techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) 	<p>Invasion Games</p> <ul style="list-style-type: none"> • Techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) • How to apply basic tactics and strategies to competition • Observation and analysis of performance <p>Net/Wall Games</p> <ul style="list-style-type: none"> • Techniques of key skills (throwing, catching, batting, retrieving, fielding) • How to apply basic tactics and strategies to competition • Observation and analysis of performance <p>Health Related Fitness</p> <ul style="list-style-type: none"> • Understand what contributes to being physically healthy • Identify key factors of physical performance that link to health 	<p>Athletics</p> <ul style="list-style-type: none"> • Track events techniques • Field event techniques • How to apply basic tactics and strategies to competition • Observation and analysis of performance <p>Striking and Fielding</p> <ul style="list-style-type: none"> • Techniques of key skills (throwing, catching, batting, retrieving, fielding) • How to apply basic tactics and strategies to competition • Observation and analysis of performance <p>Invasion Games</p> <ul style="list-style-type: none"> • Techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) • How to apply basic tactics and strategies to competition • Observation and analysis of performance



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	<ul style="list-style-type: none"> How to apply basic tactics and strategies to competition Observation and analysis of performance 					
Key Questions	<p><i>What components make a good performance?</i></p> <p><i>How can I reach success when faced with a challenge?</i></p> <p><i>How can I outwit my opponent?</i></p>		<p><i>How can I outwit my opponent?</i></p> <p><i>How can I use basic techniques and strategies in my game play?</i></p> <p><i>How can I lead an active and healthy lifestyle?</i></p>		<p><i>How can improving the key techniques, skills and strategies improve my performance in competitive competitions?</i></p> <p><i>How can I outwit my opponent?</i></p>	
Assessment	Baseline: - September Practical Assessments: - October	Practical Assessments: - November (Data cycle 1) - December	Practical Assessments: - January - March (Data cycle 2) -March	Practical Assessments: -April	Practical Assessments: - May	(Data cycle 3) - June Practical Assessments: -July
Extended Learning /Extension Activities	<ul style="list-style-type: none"> Extra-Curricular PE activities St Mary's sports teams St Mary's linked sports clubs Coaching and officiating opportunities Non-fiction reading 					