



Curriculum Map for Core PE Year 7

YEAR 7	Autumn 1 & 2 Spring 1 & 2 Students rotate around the topics.
Topics	Rugby, Gymnastics and Dance, Netball, Football, Health Related Exercise and Outdoor Adventurous Activity
Declarative Knowledge – Knowing What To Do	Invasion Games - Football, Netball and Rugby <ul style="list-style-type: none">• Students will learn in football about passing and receiving, creating space, dribbling, shooting, attacking, defending, tactics and game play.• Students will learn in netball about footwork, contact, passing, positions, attacking principles, shooting, defending principles and game play.• Students will learn in rugby about catching, passing, tackling, scrummaging, rucking, mauling, attacking principles, game management and positions. Aesthetic Performance - Gymnastics and Dance <ul style="list-style-type: none">• Students will learn in gymnastics about basic shapes and travelling, balancing, rotations, travel, mirror and matching and sequencing.• Students will learn in dance about shapes, gestures, body tension, unison, cannon, motifs and performing. Health Related Exercise <ul style="list-style-type: none">• Students will learn about the effects of exercise on the cardiovascular system, circuit training, fitness testing, gym induction – sets/reps, warm-ups and cool downs and upper and lower body exercises. Outdoor Adventurous Activity <ul style="list-style-type: none">• Students will learn how to read maps and the principles of orienteering, alongside this they will learn how to work in a team, practise leadership and problem solving.
Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none">• Students will be able to perform skills in both non-competitive and competitive situations.• Students will apply the principles of attack and defence to game situations.• Students will explore a range of different balances, body tension, transitions, key gymnastics movements and routines.
Skills	<ul style="list-style-type: none">• Students will gain an ability to use gym equipment safely and responsibly.• Students will develop their:<ul style="list-style-type: none">- Leadership Skills- Communication Skills- Empathy- Working Relationships Through Teamwork- Resilience- Evaluative Skills- Decision Making Skills- Officiating Skills- How To Take Your Pulse

Links To Prior Learning	<ul style="list-style-type: none"> • Students will build upon knowledge of all sports from Year 6. • Students may be outside school participating in sports clubs.
Literacy/ Numeracy	<ul style="list-style-type: none"> • Students will be scoring and counting into teams. • Students will use key words and terms. • Students will be measuring using time. • Students will use oracy when giving feedback to others. • Students will be measuring and timing during athletics events.
Cross Curricular	<ul style="list-style-type: none"> • Anatomy and Physiology - be able to identify where the bones and muscles are. • Responding to music in dance and gymnastics. • Use of imagination when creating dance and gymnastics routines. • Demonstrating Sportsmanship: <ul style="list-style-type: none"> - Enforce Rules and Follow the Officials' Decisions - Fair Play - Mixed Ethnic and Religious Classes - Mixed Gender Classes - Mixed Socio-Economic Classes • Kaleidoscope Questions Cover: <ul style="list-style-type: none"> - Gender Stereotyping - Leadership Styles - Fitness Levels • Media Influence
Assessment	<ul style="list-style-type: none"> • Baseline assessment to establish mixed ability groupings. • End of activity assessment using the PE assessment grid.

YEAR 7	Summer 1 & 2 Students Rotate Around The Topics
Topics	Cricket, Tennis, Rounders, Athletics and Softball
Declarative Knowledge – Knowing What To Do	<p>Striking and Fielding Games – Cricket, Softball & Rounders</p> <ul style="list-style-type: none"> • Students will learn in cricket the basic rules, throwing, catching, batting, bowling and fielding. • Students will learn in softball ball familiarisation, bowling, fielding, batting, tactics and laws. • Students will learn in rounders the basic rules, batting, catching, throwing, bowling, attacking and defending principles. <p>Net Games – Tennis</p> <ul style="list-style-type: none"> • Students will learn how to serve, the forehand and backhand, the rules, tactics and decision-making strategies needed when performing in singles and doubles. <p>Athletics – Track and Field Events</p> <ul style="list-style-type: none"> • Students will learn techniques and the rules in sprinting, long distance running, shot putt, javelin, long jump, triple jump and relays.
Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none"> • Students will be able to perform skills in both non-competitive and competitive situations. • Students will apply the principles of attack and defence to game situations. • Students will explore a range of tactics and strategy within sport.

Skills	<ul style="list-style-type: none"> • Students will gain an ability to use sports equipment safely and responsibly. • Students will develop their: <ul style="list-style-type: none"> - Leadership Skills - Communication Skills - Empathy - Working Relationships Through Teamwork - Resilience - Evaluative Skills - Decision Making Skills • Officiating Skills
Links To Prior Learning	<ul style="list-style-type: none"> • Students will build upon knowledge of all sports from Year 6. • Students may be outside school participating in sports clubs.
Literacy/ Numeracy	<ul style="list-style-type: none"> • Students will be scoring and counting into teams. • Students will use key words and terms. • Students will be measuring using time. • Students will use oracy when giving feedback to others. • Students will be measuring and timing during athletics events.
Cross Curricular	<ul style="list-style-type: none"> • Anatomy and Physiology • Demonstrating Sportsmanship: <ul style="list-style-type: none"> - Enforce Rules and Follow the Officials' Decisions - Fair Play - Mixed Ethnic and Religious Classes - Mixed Gender Classes - Mixed Socio-Economic Classes • Kaleidoscope Questions Cover: <ul style="list-style-type: none"> - Gender Stereotyping - Leadership Styles - Fitness Levels • Media Influence
Assessment	<ul style="list-style-type: none"> • Baseline assessment to establish mixed ability groupings. • End of activity assessment using the PE assessment grid.