

CURRICULUM SEQUENCING; PE *Serviam; Developing our gifts and talents for the good of others.*

Academic Year <u>Year; 7</u>	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
Autumn A –	<p>Netball 2 x 50mins</p> <p>BHM embedded into Aut A – reference to England Netball's 'Black Inclusion Week' and background work on the 'Black Roses – Netball after the Windrush' Project in partnership with Sky Sports.</p>	<p>Netball;</p> <ul style="list-style-type: none"> * Getting into Space * Losing your marker / marking effectively / interceptions * movement around the circle * development of taking the center pass * shooting techniques. * positions on the court. * The difference between a free pass and a penalty pass. <p>All within a competitive situation</p>	<p>Netball; continued assessment in game play - developed from Autumn A. Tactics and awareness of different positions on court. Students are also assessed on their ability to umpire a game / modified game.</p> <p>Netball grade is the EMB.</p>

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Autumn B	<p>Netball 1 x 50min lessons;</p> <p>Dance 1 x 50min lesson – Dances ‘Through the Ages’ Unit (ie 1920s Charleston, 1940s Rock and Roll and 1970s Disco).</p>	<p>How to complete a warm up - general</p> <ul style="list-style-type: none"> * chest passing * shoulder passes * overhead passes * footwork - 1-2 landing / splat landing * Marking an opponent with and without the ball. * Rules of the game need to be embedded <p>Dance; Students are assessed in groups on their ability to choreograph their own dances showing creativity and teamwork.</p> <p>Create a 2min dance and perform it.</p> <p>Dance; motif development</p> <ul style="list-style-type: none"> * counting & rhythm (timing) * Levels - Low / medium / high * Floor patterns * mirroring & matching <p>Control and balance of body to show fluency</p>	<p>Practical netball skills;</p> <p>Skills in isolation - best 4</p> <p>Sending & receiving the ball- students must show a range of passes in isolation.</p> <p>Footwork; movement to receive the ball.</p> <p>Shooting.</p> <p>Marking / getting free.</p> <p>Skills in competition;</p> <p>knowledge of the positions.</p> <p>Knowledge of the rules of the game.</p> <p>Assessment of the skills above in game situations.</p>
Spring A	<p>Indoor athletics 1 x 50min</p> <p>Cheerleading/ gymnastic elements 1 x 50min</p>	<p>Indoor athletics;</p> <ul style="list-style-type: none"> * Standing long jump / triple jump / vertical jump * shot put * Speed bounce * various running events using the turning boards. * Students will learn to measure & record their distances / speeds <p>Cheerleading; following on from what they learnt in dance, Cheer gives students the</p>	<p>EMB; Cheerleading</p> <p>Students will compete in an indoor athletics competition choosing their best 2 events for their assessment. We use the British Indoor Athletics ‘star’ system to measure their results and they use these to compare themselves to national averages.</p> <p>Cheerleading; create a 2min cheer routine and perform it. It must incor-</p>

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		opportunity to incorporate dance and gymnastics. Students are taught a series of cheer moves from which they have to choreograph a routine in a small group.	porate elements of dance and gymnastics, some balance work and be to music.
Spring B -	<p>Basketball 1 x 50mins lesson</p> <p>Cross Country 1 x 50mins - fitness (setting a personal best)</p>	<p>Basketball;</p> <ul style="list-style-type: none"> * Dribbling the ball * Sending & receiving * Shooting in and around the Key * How to complete a Lay-up * Marking <p>Cross Country - cardio-vascular fitness Students run the cross-country route each week working on pacing and their running technique. Their aim is to improve their fitness and times to complete the course.</p>	<p>Basketball: Skills in isolation; Students are practically assessed on their best 4 skills from all taught. These skills are then assessed in small sided games or full court games to show skills during competition.</p> <p>Cross Country; EMB is based on their time to complete the course. Students aim to improve their times from week one to week 6.</p>
Summer A	<p>Sports Day Prep - athletics 1 x 50mins</p> <p>Striking games (cricket) 1 x 50mins</p>	<p>Sports Day Prep - students select and practice their individual athletic event. Athletics activities developed from the adapted 'Indoor Athletics SoLs.</p> <p>Cricket; Kwik Cricket (soft ball)</p> <ul style="list-style-type: none"> * Batting - correct batting technique - striking the ball * Fielding skills - bowling underarm * bowling overarm * long and short fielding / throwing * aiming * How to be a wicket keeper - basic keeping positions. 	<p>EMB; Cricket</p> <p>Students are assessed on 4 skills in isolation from all taught. They then perform these skills in small competitive situations / game play.</p>

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Summer B	<p>Cricket (soft ball) 1 x 50mins</p> <p>Tennis 1 x 50mins</p>	<p>Continue to practice and develop the skills learned in Summer A. Students work on analysis of performance, fault correction and tactics in game situations.</p> <p>Tennis;</p> <ul style="list-style-type: none"> * The Serve / return of serve * Forehand * Backhand * The volley * How to score a game of tennis 	<p>EMB; Tennis</p> <p>Students are assessed on 4 skills in isolation from all taught. They then perform these skills in small competitive situations / game play.</p>
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