PE
Curriculum Map: Year 7

AUTUMN TERM

BASELINE ASSESSMENT

Students will take part in a series of activities to enable staff to assess their initial levels.

GYMNASTICS
Solo floor work and apparatus

Skill development:
- Body control
- Solo balances
- Jumping
- Rolling
- Sequence building

DANCE–African

Skill development:
- Performance - students will learn key set phrases and basic dance actions in an African style
- Choreography – students will create solo and duet tasks in response to the style.

SPRING TERM

QUIDDITCH

Skill development:
- Hand eye co-ordination
- Catching skills
- Throwing skills
- Basic attacking and defending skills

FITNESS

Students will learn about different ways to stay fit.
- Warm-up/cool down
- Fitness
- Circuit training
- Strength and conditioning
- Boxercise
- Boxing
- Yoga/Pilates
- Skipping
- Fitness room

GOAL BALL

Skill development:
- Throwing
- Passing
- Blocking

SUMMER TERM

FOOTBALL

Skill development:
- Dribbling
- Passing
- Ball control
- Shooting

HANDBALL

Skill development:
- Dribbling
- Passing
- Shooting

ATHLETICS

Skill development:
- Field events
- Throwing - Shot put, Javelin, Discus
- Jumping - Standing long jump, Standing triple jump

TENNIS

Skill development:
- Hand eye co-ordination
- Basic forehand
- Basic backhand
- Rallies

ATHLETICS

Skill development:
- Track events
- Running technique Sprint
- Middle distance
- Sprint starts
- Hurdles
- Relay

CRICKET

Skill development:
- Throwing
- Catching
- Batting
- Fielding

In all activities, students will learn:

Health and fitness
- Risks and hazards
- Changes to body
- Benefits of exercise

Problem solving and social skills
- Develop social skills

Analysis
- Comment and evaluate performance