

Physical Education - Subject outline for Year 7

Half Term	Core learning	Challenge or extension learning	Key assessment tasks for KS3 or controlled assessment title and timing for KS4 and KS5
Autumn 1st	<u>Rugby</u> <ul style="list-style-type: none"> • Passing, running and contact skills. • Scrums and lineouts and restarts • Tactics and strategies in defensive and offensive situations. • Leadership skills in small groups <u>Netball</u>	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further including matches against other schools, • Links to Luctonians RFC. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Half term			
Autumn 2nd	<u>Badminton</u> <ul style="list-style-type: none"> • Refine basic badminton shots to enable tactics to be established and used • Tactics and strategies in doubles play. • Analysis of performance using ICT 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further with external coach. • Links to Herefordshire Badminton Academy. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Christmas Holiday			
Spring 1st	<u>Health Related Fitness</u> <ul style="list-style-type: none"> • The components of fitness and how they can be improved. • Fitness Testing 	<ul style="list-style-type: none"> • Development of fitness plans that can be used outside school 	<ul style="list-style-type: none"> • Fitness Test results and analysis
	<u>Gymnastics</u> <ul style="list-style-type: none"> • Travel, balance and linking movements. • Use imagination to develop small sequences. 	<ul style="list-style-type: none"> • Extra-curricular opportunities for those wishing to develop further. 	<ul style="list-style-type: none"> • Assessment through the performance of an individual or group sequence
Half term			

Spring 2nd	<u>Football</u> <ul style="list-style-type: none"> • Passing, dribbling, heading, shooting and goal keeping in game situations. • Development of strategy and tactics. • Leadership small groups 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further including matches against other schools. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations. • Leadership of small groups.
Easter Holiday			
Summer 1st	<u>Cricket</u> <ul style="list-style-type: none"> • Exploring defensive and attacking batting, different types of bowling and fielding. • Development strategy and tactics and captaincy skills. • Leadership skills 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further including matches against other schools. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Half term			
Summer 2nd	<u>Athletics</u> <ul style="list-style-type: none"> • Running, jumping and throwing skills. • Analyses their own performance and the performance of others through the use of ICT <u>Tennis</u> <ul style="list-style-type: none"> • Serving, forehand and backhand shots. • Tactics and strategy in singles 	<ul style="list-style-type: none"> • Extra-curricular athletics including inter-school event and inter-county events. 	Continual assessment through a variety of different activities. This will take into account not only performance but also evaluation skills.
Summer Holiday			