

# 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
<b>Autumn 1<sup>st</sup></b>	<u>Health Related Fitness</u> <ul style="list-style-type: none"> <li>• The components of fitness and how they can be improved.</li> <li>• Fitness Testing</li> </ul>	<ul style="list-style-type: none"> <li>• Development of fitness plans that can be used outside school</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Test results and analysis</li> </ul>
	<u>Netball</u> <ul style="list-style-type: none"> <li>• Passing, receiving and footwork skills.</li> <li>• Roles of the 7 positions in a game.</li> <li>• Tactics and strategies in defensive and offensive situations.</li> <li>• Leadership skills in small groups</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra- curricular opportunities for those students interested in developing further including matches against other schools,</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> </ul>
<b>Half term</b>			
<b>Autumn 2<sup>nd</sup></b>	<u>Badminton</u> <ul style="list-style-type: none"> <li>• Refine basic badminton shots to enable tactics to be established and used</li> <li>• Tactics and strategies in doubles play.</li> <li>• Analysis of performance using ICT</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra- curricular opportunities for those students interested in developing further with external coach.</li> <li>• Links to Herefordshire Badminton Academy.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> </ul>
	<u>Hockey</u> <ul style="list-style-type: none"> <li>• Passing, receiving and dribbling skills.</li> <li>• Development of strategies of defending and attacking.</li> <li>• Short and long corners.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular practices.</li> <li>• Links with Kington badgers.</li> <li>• Links with JDC.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Knowledge of rules in game situations.</li> </ul>
<b>Christmas Holiday</b>			
	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>• Rotation, balance and linking movements.</li> <li>• Use imagination to develop small sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular opportunities for those wishing to develop further.</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment through the performance of an individual or group sequence</li> </ul>
<b>Half term</b>			

<b>Spring 2<sup>nd</sup></b>	<u>Dance</u> <ul style="list-style-type: none"> <li>• 5 main actions of dance</li> <li>• Perform basic actions in a short motif.</li> <li>• Choreograph a short motif with main actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular opportunities.</li> <li>• Links with 2Faced Dance company</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment through performance skills.</li> <li>• Knowledge of main actions to create motifs.</li> </ul>
<b>Easter Holiday</b>			
<b>Summer 1<sup>st</sup></b>	<u>Striking/Fielding</u> <ul style="list-style-type: none"> <li>• Batting, throwing and catching skills.</li> <li>• Fielding techniques for different game situations.</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular activities.</li> <li>• Links with Luctonians.</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment through performance skills.</li> <li>• Understanding of tactics in small sided games.</li> </ul>
<b>Half term</b>			
<b>Summer 2<sup>nd</sup></b>	<u>Athletics</u> <ul style="list-style-type: none"> <li>• Running, jumping and throwing skills.</li> <li>• Analyses their own performance and the performance of others through the use of ICT</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular athletics including inter-school event and inter-county events.</li> </ul>	Continual assessment through a variety of different activities. This will take into account not only performance but also evaluation skills.
<b>Summer Holiday</b>			