Year 7 Core Physical Education Cur	riculum Overview – Sport 1
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	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Topic	Netball	Dance	Hockey	Rugby	Athletics	Rounders
Key concepts	 Passing 	 Bollywood 	 Dribbling 	 Passing 	Running	 Throwing
	 Positioning 	 Haka 	 Passing 	 Attacking 	 Jumping 	 Catching
	• Rules		 Shooting 	 Defending 	Throwing	• Rules
	Understand and	Understand the	Understand and	Understand and	Understand and	Understand and
	demonstrate	different dance styles	demonstrate	demonstrate	demonstrate skills	demonstrate skills with
	knowledge of different	and apply different	knowledge of	knowledge of passing,	involved with different	throwing and catching
Knowledge and	passes, correct	themed moves into a	dribbling, passing, and	attacking and	athletic events and	involved with isolated
understanding	positioning on court	short sequence, using	shooting through	defending within	build knowledge to	rounders drills and
milestones	and the different rules	pre-learnt moves.	isolated drills and	isolated drills and	competitive scenarios.	show knowledge and
	which must be		game play scenarios.	game play scenarios.		understanding of rules
	followed during game					within a game
	play.					scenario.
Scaffolding for SEND	Scaffolds	Scaffolds	Scaffolds	Scaffolds	Scaffolds	Scaffolds
to ensure quality first	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks	Challenge tasks
teaching	Model answers	Model answers	Model answers	Model answers	Model answers	Model answers
teaching	Targeted questioning	Targeted questioning	Targeted questioning	Targeted questioning	Targeted questioning	Targeted questioning
	Professional sports	Professional sports	Professional sports	Professional sports	Professional sports	Professional sports
	performer	performer	performer	performer	performer	performer
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher
	Personal trainer	Personal trainer	Personal trainer	Personal trainer	Personal trainer	Personal trainer
	Fitness instructor	Fitness instructor	Fitness instructor	Fitness instructor	Fitness instructor	Fitness instructor
Careers input	Athletic coach	Athletic coach	Athletic coach	Athletic coach	Athletic coach	Athletic coach
Careers input	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist	Physiotherapist
	Nutritionist	Nutritionist	Nutritionist	Nutritionist	Nutritionist	Nutritionist
	Sports development	Sports development	Sports development	Sports development	Sports development	Sports development
	officer	officer	officer	officer	officer	officer
	Sports journalist	Sports journalist	Sports journalist	Sports journalist	Sports journalist	Sports journalist
	Events manager	Events manager	Events manager	Events manager	Events manager	Events manager
	This units build on:	This units build on:	This units build on:	This units build on:	This units build on:	This units build on:
Links (prior	netball skills covered	Dance skills covered	hockey skills covered	Rugby skills covered	Athletics covered from	Rounders skills covered
knowledge, future knowledge)	from KS2 education.	from KS2 education.	from KS2 education if	from KS2 education.	KS2 education.	from KS2 education.
	This unit prepares	Local feeder school	previously covered in	This unit prepares	This unit prepares	This unit prepares
	students for:	uses RealPE dance	primary provision.	students for:	students for: further	students for:
	developing	scheme of work to			development of	

	understanding of skills	support dance unit,	This unit prepares	developing	athletic events for	developing
	and game play	which builds in KS3.	students for:	understanding of skills	different skills and how	understanding of skills
	throughout KS3 and	This unit prepares	developing	and game play	to progress these to	and game play
	KS4 which can be	students for:	understanding of skills	throughout KS3 and	competition and	throughout KS3 and
	utilised during	developing skills to	and game play	KS4 which can be	utilises during the	KS4 which can be
	curriculum and extra-	take into further KS3	throughout KS3 and	utilised during	annual sports day.	utilised during
	curricular	dance and gymnastics	KS4 which can be	curriculum and extra-		curriculum and extra-
	opportunities.	lessons to develop	utilised during	curricular		curricular
		sequences, routines,	curriculum and extra-	opportunities.		opportunities.
		and performances.	curricular			
			opportunities.			
	Chest pass	Bollywood	Push pass	J pass	Long jump	Overarm throw
	Shoulder pass	Sequence	Hit shot	Attacking	High jump	Underarm throw
Key vocabulary	Bounce pass	Motif	Attacking	Defending	Javelin	Batting
	Positions	Unison	Defending	Positioning	Shot Putt	Fielding
Key Vocabulaly	Footwork	Cannon	Midfielders		Discus	Rounder
	Contact	Levels	Shooting		Sprinting	Half rounder
	Obstruction	Formation	Positioning		Long distance running	
			Control			
	Formative assessment:	Formative assessment:	Formative assessment:	Formative assessment:	Formative assessment:	Formative assessment:
	Questioning and	Questioning and	Questioning and	Questioning and	Questioning and	Questioning and
Review and	feedback during lesson	feedback during lesson	feedback during lesson	feedback during lesson	feedback during lesson	feedback during lesson
Assessment (including	Summative	Summative	Summative	Summative	Summative	Summative
opportunities for	assessment:	assessment:	assessment:	assessment:	assessment:	assessment:
retrieval practice)	demonstrate through	demonstrate through	demonstrate through	demonstrate through	demonstrate through	demonstrate through
	practical application	practical application	practical application	practical application	practical application	practical application
	with teacher feedback	with teacher feedback	with teacher feedback	with teacher feedback	with teacher feedback	with teacher feedback