

Year 7 Core Physical Education Curriculum Overview – Sport 1						
	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	<ul style="list-style-type: none"> • Passing • Positioning • Rules 	<ul style="list-style-type: none"> • Bollywood • Haka 	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting 	<ul style="list-style-type: none"> • Passing • Attacking • Defending 	<ul style="list-style-type: none"> • Running • Jumping • Throwing 	<ul style="list-style-type: none"> • Throwing • Catching • Rules
Knowledge and understanding milestones	Understand and demonstrate knowledge of different passes, correct positioning on court and the different rules which must be followed during game play.	Understand the different dance styles and apply different themed moves into a short sequence, using pre-learnt moves.	Understand and demonstrate knowledge of dribbling, passing, and shooting through isolated drills and game play scenarios.	Understand and demonstrate knowledge of passing, attacking and defending within isolated drills and game play scenarios.	Understand and demonstrate skills involved with different athletic events and build knowledge to competitive scenarios.	Understand and demonstrate skills with throwing and catching involved with isolated rounders drills and show knowledge and understanding of rules within a game scenario.
Scaffolding for SEND to ensure quality first teaching	Scaffolds Challenge tasks Model answers Targeted questioning	Scaffolds Challenge tasks Model answers Targeted questioning	Scaffolds Challenge tasks Model answers Targeted questioning	Scaffolds Challenge tasks Model answers Targeted questioning	Scaffolds Challenge tasks Model answers Targeted questioning	Scaffolds Challenge tasks Model answers Targeted questioning
Careers input	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager	Professional sports performer Teacher Personal trainer Fitness instructor Athletic coach Physiotherapist Nutritionist Sports development officer Sports journalist Events manager
Links (prior knowledge, future knowledge)	This units build on: netball skills covered from KS2 education. This unit prepares students for: developing	This units build on: Dance skills covered from KS2 education. Local feeder school uses RealPE dance scheme of work to	This units build on: hockey skills covered from KS2 education if previously covered in primary provision.	This units build on: Rugby skills covered from KS2 education. This unit prepares students for:	This units build on: Athletics covered from KS2 education. This unit prepares students for: further development of	This units build on: Rounders skills covered from KS2 education. This unit prepares students for:

