

	<p>Intent: In year 7, students will explore a wide variety of sporting activities. They will focus on the tactical and strategic aspect of each sport and activity covered over the course of the year, exploring the individual elements that contribute towards successful performance. Students will make links between these areas to develop their understanding of tactical and strategic awareness alongside good knowledge of the rules which can enhance performance. Each assessment will be used to inform future learning in the next unit, allowing teachers to focus on areas of knowledge and understanding which may need more practice.</p>				
<p>PE</p>	<p>Units are taught in a carousel – groups will access at different times throughout the year. Students are assessed using the ‘Head/Heart/Hands’ model.</p>				
<p>Year 7</p>	<p>Invasion games</p>	<p>Strike and Field Games</p>	<p>Net and Wall games</p>	<p>Athletics</p>	<p>Fitness & Creativity</p>
<p>Knowledge</p>	<p>Students will gain knowledge of how to perform various skills essential to outwit their opponent such as: Passing-time, accuracy and power, Defence/intercepting/marking, Attacking/shooting, Basic rules of the game and Movement on and off the ball</p>	<p>Students will gain knowledge of how to perform various skills essential to outwit their opponent such as: Throwing and catching, Fielding, Basic rules of the game and Batting and Bowling</p>	<p>Students will gain knowledge of how to perform various skills: Selecting the correct shot/pass Rallying Basic rules of the game Positioning on the court Serving and scoring</p>	<p>Students will gain knowledge of how to perform: Short distance runs Middle distance runs Jumps x3 Throws x3 How to measure and time</p>	<p>Students will gain knowledge of: Gymnastics (sequences and routines) Dance GCSE content (fitness testing, methods of training, COF) Healthy lifestyles</p>
<p>Understanding</p>	<p>-How transferable skills can be used across a range of sports e.g. Rugby, Netball and Handball. -How to select the correct pass in a controlled situation. -The basic rules of the sport to ensure games are played fairly and safe. -The importance of movement when attempted to outwit an opponent in a competitive situation.</p>	<p>-How to consistently catch and throw a ball using the right technique for the selected pass. -How to field effectively to reduce the opponent’s chance of scoring. -Retaining contact with objects in order to maximise team performance. - The basic rules of the sport to ensure games are played fairly and safe.</p>	<p>-The importance of movement to OWO within a game situation. - The basic rules of the sport to ensure games are played fairly and safe. -Identify and select the correct shot within a competitive situation</p>	<p>-How to maximise performance within each of the athletics disciplines (runs, jumps, throws). -How to measure and record times and distances accurately. -How to perform safely considering yourself, spectators and officials.</p>	<p>-Be creative in developing gymnastics and dance motifs -How to provide suitable feedback and act on feedback received to improve performance. -Apply components of fitness to specific training methods. -How fitness levels are developed by different methods of training. -How to live a healthy active lifestyle.</p>
<p>Skills</p>	<p>Successful application of knowledge and understanding of specific tasks through: Demonstrating, Analysing, Applying and Evaluating –</p>				
<p>Formal Assessments</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>
<p>By the end of the year students on course for at least a grade 5 will demonstrate knowledge and understanding in a variety of team and individual sports. Students will have a knowledge of tactics and rules that they apply when participating in different activities. Students will be encouraged to engage in extra curricular PE activities.</p>					