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| **SUBJECT:** | **P.E SPORT** | **YEAR GROUP:** | **7** |

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| **Term** | **Topic** | **Content Outline** | **Learning Outcomes** |
| Term 1 | *Attainment targets*  The first 3 weeks of this term will be spent on conducting a baseline assessment of each pupil. Thereafter, students will participate in 5 activities on a carousel.  • Year 7 Girl’s Carousel: Health-Related Fitness, Dance, Volleyball,  • Year 7 Boy’s Carousel: Health-Related Fitness, Basketball, Football | Purpose of study A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sports and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sports and other activities build character and help to embed values such as fairness and respect. Aims The national curriculum for physical education aims to ensure that all pupils:  - develop competence to excel in a broad range of physical activities  - are physically active for sustained periods  - engage in competitive sports and activities  - lead healthy, active lives. | The national curriculum for physical education aims to ensure that all pupils:  - develop competence to excel in a broad range of physical activities  - are physically active for sustained periods  - engage in competitive sports and activities  - lead healthy, active lives |
| Term 2 | Fundamental skills  During this term, students will participate in 4 activities on a carousel.  • Year 7 Girl’s Carousel: Health Related Fitness, Athletics, Volleyball,  • Year 7 Boy’s Carousel: Health Related Fitness, Basketball, Football | Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.  They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. | Pupils should be taught to:  - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.  - participate in team games, developing simple tactics for attacking and defending  - perform dances using simple movement patterns. |
| Term 3 | Extra development  In the summer term students follow an Athletics Carousel (Running, Jumping, Throwing) and a summer games carousel.  • Year 7 Girls: Basketball, Volleyball  • Year 7 Boys: Active games, smart games, team games. | Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:  - swim competently, confidently and proficiently over a distance of at least 25 metres  - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  - perform safe self-rescue in different water-based situations. | Students will be assessed on:  1) How they select and combine skills  2) What they know about strategies, tactics and composition.  3) How accurately they analyse and comment on their own and others work. 4) What they know about health and fitness and how regular physical activity can benefit their health. |