

Curriculum Overview

Subject: Physical Education

Year Group: 7



Pupils are introduced to fundamental skills in team sports and individual activities. Initial tactics are introduced in team sports and evaluation and sequencing techniques in individual activities. Health and safety requirements of each activity will be delivered. Pupils are encouraged to demonstrate their learnt skills and tactics in small sided games. Pupils can describe the 4 QPG levels, what level they are and what they need to do to improve. Key terms are introduced in lessons and reinforced around teaching areas and in changing rooms. Pupils are encouraged to attend EC. Gifted and talented pupils are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Pupils will understand the three components of a warm up.</p> <p>Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving in to space to develop give and go's/. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defence is introduced.</p> <p><u>Individual Activities</u></p> <p>Trampolining, Fitness, Table Tennis, Cross Country,</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby, Dodgeball, Handball.</p> <p>Introduction of passing and moving in to space to develop give and go's/. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is introduced.</p> <p><u>Individual Activities</u></p> <p>Trampolining, Fitness, Table Tennis, Cross Country.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Softball, Long Ball, Dodgeball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
<p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>
<p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club.</p> <p>From 2025 year 5 pupils will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of pupils arriving to Chase in year 7 with an increased understanding of core skills. One of the overall aims of these increased links is to encourage a highly number of pupils to select Chase as their first choice that are able sportsmen and women.</p>		