



Year 7 Curriculum

Physical Education



	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)	
	*These topics operate on a rotation meaning each class will study them in a slightly different order					
Topic	Boys: <ul style="list-style-type: none"> • Fitness • Rugby • Badminton • Dance • Handball 	Girls: <ul style="list-style-type: none"> • Fitness • Football • Badminton • Dance • Swimming 	Boys: <ul style="list-style-type: none"> • Football • Fitness • Swimming • Basketball • Racketball/ • Orienteering 	Girls: <ul style="list-style-type: none"> • Gymnastics • Fitness • Rugby • Hockey • Racketball/ • Orienteering • Netball 	Boys: <ul style="list-style-type: none"> • Cricket • Softball • Athletics • Volleyball 	Girls: <ul style="list-style-type: none"> • Athletics • Rounders/ • Cricket • Volleyball • Handball
Key Concepts	<ul style="list-style-type: none"> • Physical literacy • Fundamental skills and techniques • Fundamental tactics and strategies • Fitness for life • Underpinning theoretical concepts and PE vocabulary 		<ul style="list-style-type: none"> • Physical literacy • Fundamental skills and techniques • Fundamental tactics and strategies • Fitness for life • Underpinning theoretical concepts and PE vocabulary 		<ul style="list-style-type: none"> • Physical literacy • Fundamental skills and techniques • Fundamental tactics and strategies • Fitness for life • Underpinning theoretical concepts and PE vocabulary 	



Year 7 Assessment

Physical Education



All pupils will sit 10 assessments in Year 7.

		Assessments for Each Sport/Activity	
		Perform	Think
Style of Assessment		<p>Pupils 'Perform' marks are assessed out of five for each sport.</p> <p>Pupils will be assessed in their ability to perform three sport specific skills in isolation and two sporting game situations.</p>	<p>Pupils 'Think' marks are assessed out of five for each sport.</p> <p>Pupils will be assessed in their ability to answer multiple-choice questions based on their sporting activity. Three of these questions are specific to their sport and two questions focus on general theoretical knowledge.</p> <p>The Year 7 theoretical knowledge: warm-up procedures, flexion/extension of knee and elbow with muscles identified and sportsmanship.</p>
Topics Assessed		<ul style="list-style-type: none"> • Team Games: Rugby, rugby X, football, netball, basketball, handball and cricket • Individual Activities: Badminton, gymnastics, swimming, fitness, tennis/ pickleball and athletics. <p><i>Note: The 10 sports assessed are subject to change</i></p>	