



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: aerobic, anaerobic, warm-ups, cool-downs, sportsmanship and gamesmanship.</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>	