



# 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	<b>Boys:</b> <ul style="list-style-type: none"><li>• Fitness</li><li>• Rugby</li><li>• Badminton</li><li>• Dance</li><li>• Handball</li></ul>	<b>Girls:</b> <ul style="list-style-type: none"><li>• Fitness</li><li>• Football</li><li>• Badminton</li><li>• Dance</li><li>• Swimming</li></ul>	<b>Boys:</b> <ul style="list-style-type: none"><li>• Football</li><li>• Fitness</li><li>• Swimming</li><li>• Basketball</li><li>• Racketball/</li><li>• Orienteering</li></ul>	<b>Girls:</b> <ul style="list-style-type: none"><li>• Gymnastics</li><li>• Fitness</li><li>• Rugby</li><li>• Hockey</li><li>• Racketball/</li><li>• Orienteering</li><li>• Netball</li></ul>	<b>Boys:</b> <ul style="list-style-type: none"><li>• Cricket</li><li>• Softball</li><li>• Athletics</li><li>• Volleyball</li></ul>	<b>Girls:</b> <ul style="list-style-type: none"><li>• Athletics</li><li>• Rounders/</li><li>Cricket</li><li>• Volleyball</li><li>• Handball</li></ul>
Key Concepts	<ul style="list-style-type: none"><li>• Physical literacy</li><li>• Fundamental skills and techniques</li><li>• Fundamental tactics and strategies</li><li>• Fitness for life</li><li>• Underpinning theoretical concepts and PE vocabulary</li></ul>		<ul style="list-style-type: none"><li>• Physical literacy</li><li>• Fundamental skills and techniques</li><li>• Fundamental tactics and strategies</li><li>• Fitness for life</li><li>• Underpinning theoretical concepts and PE vocabulary</li></ul>		<ul style="list-style-type: none"><li>• Physical literacy</li><li>• Fundamental skills and techniques</li><li>• Fundamental tactics and strategies</li><li>• Fitness for life</li><li>• Underpinning theoretical concepts and PE vocabulary</li></ul>	



# 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 will be assessed in their ability to perform three sport specific skills in isolation and two sporting game situations.</p> <p>Pupils 'Perform' 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> <p>Pupils 'Think' marks are assessed out of five for each sport.</p>
Topics Assessed	<ul style="list-style-type: none"><li>• <b>Team Games:</b> Rugby, football, netball, basketball, cricket, rounders and handball.</li><li>• <b>Individual activities:</b> Badminton, gymnastics, swimming, athletics and fitness,</li></ul>	