

Subject: Physical Education Year 7	<u>Autumn HT 1</u> Baseline Testing Groups 1& 2 Netball (Mixed) (Developing Techniques) Group 3 Trampolineing (Mixed) (Developing Techniques)	<u>Autumn HT 2</u> Group 1 (Mixed) Basketball (Developing Techniques) Group 2 (Mixed) Trampolineing (Developing Techniques & Analysing Performance) Group 3 Netball (Mixed) (Developing Techniques) All- Cross Country & Orienteering (Development of Personal Health & Problem Solving)	<u>Spring HT 1</u> Group 1 (Mixed) Trampolineing (Developing Techniques & Analysing Performance) Group 2 (Mixed) Basketball (Developing Techniques) Group 3 (Mixed) Basketball (Developing Techniques)	<u>Spring HT 2</u> Boys Rugby League (Developing Techniques) Girls Rugby League (Developing Techniques) Mixed Rugby League (Developing Techniques)	<u>Summer HT 1</u> Group 1 Athletics (Developing Techniques & Analysing Performance) Group 2 Athletics (Developing Techniques & Analysing Performance) Group 3 Athletics (Developing Techniques & Analysing Performance)	<u>Summer HT 2 –</u> All- Rounders or Cricket (Developing Techniques) All- Dance (Performing dance techniques)
	<u>Baseline</u> Pupils complete the following fitness tests to generate a practical baseline level <ul style="list-style-type: none">Sit and reach- FlexibilityWall Throw Test- CoordinationIllinois Run- Agility30 Sprint- SpeedRuler Drop test- Reaction TimeStanding Long Jump- PowerCoopers Run and cross country- Cardiovascular Fitness <u>Netball</u> <ul style="list-style-type: none">Game Familiarisation (basic rules, structure)Passing (techniques)FootworkMovement- sprint/ dodgeShootingIntroduction to positions	<u>Trampolineing</u> <ul style="list-style-type: none">Health and safety, straight bouncing and stopping5 basic shapes; focus on control and extensionSeat landings- basic rotationsKnow the correct technique (3 stages) for front and back landingsRoutines – 6 bounce routine <u>Basketball</u> <ul style="list-style-type: none">Game Familiarisation (basic rules, structure)FootworkPassing- 3 types (techniques)DribblingShooting- set shot and lay upDefensive stance and man to man marking <u>Netball</u> <ul style="list-style-type: none">Game Familiarisation (basic rules, structure)	<u>Trampolineing</u> <ul style="list-style-type: none">Health and safety, straight bouncing and stopping5 basic shapes; focus on control and extensionSeat landingsKnow the correct technique (3 stages) for front and back landingsRoutines – 6 bounce routine <u>Basketball</u> <ul style="list-style-type: none">Game Familiarisation (basic rules, structure)FootworkPassing- 3 types (techniques)DribblingShooting- set shot and lay upDefensive stance and man to man marking	<u>Rugby League</u> <ul style="list-style-type: none">Game Familiarisation (Tag Rugby)Playing the ballEvading defenders- side stepPassing from the floorPassing out of handIntroduction to static tackling technique	<u>Athletics (Boys)</u> <ul style="list-style-type: none">Sprinting techniqueRelay changeovers- techniqueMiddle distances- paceLong jump techniqueTriple jump techniqueShot put techniqueDiscus techniqueJavelin technique	<u>Rounders/ Cricket</u> <ul style="list-style-type: none">Pitch familiarisationFielding skills- underarm, overarmBall pick up; scoop and flick, chase and turnBowling techniqueBatting techniqueGame familiarisation <u>Dance</u> <ul style="list-style-type: none">Identify ‘half’ and ‘full’ beat, movement in timeDifferent levels in danceFormation and locomotionUnison; group workCannon; group workDevelopment of group piece- performance

	<p><u>Trampolining</u></p> <ul style="list-style-type: none">• Health and safety, straight bouncing and stopping• 5 basic shapes; focus on control and extension• Seat landings- basic rotations• Know the correct technique (3 stages) for front and back landings• Routines – 6 bounce routine	<ul style="list-style-type: none">• Passing (techniques)• Footwork• Movement- sprint/dodge• Shooting• Introduction to positions <p><u>Cross-Country/ Orienteering (2 weeks)</u></p> <p>Cross Country</p> <ul style="list-style-type: none">• Pacing• Resilience and positive mindset• Cardiovascular endurance and physical benefits <p>Orienteering</p> <ul style="list-style-type: none">• Course familiarisation (problem solving/competition)• Use of controls to solve literacy/numeracy challenges (problem solving).				
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