**Curriculum Overview for Core PE**

**Year 7**

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| **Half Term 1: Rotation of Sports****Substantive Knowledge:**Rugby:* Handling the ball
* Picking up the ball
* Pop Pass
* Gut Pass
* Catching
* Tackling
* Rucking
* Offside
* Knock on
* Forward pass
* Attacking line
* Defensive line

Fitness:* Name and describe the key components of fitness; agility, aerobic endurance, muscular endurance, muscular strength, power, speed, flexibility, reaction time, coordination, balance
* Re-call the tests for the components of fitness.

Netball:  - Bounce pass - Chest Pass - overhead pass * Shooting
* Creating space
* Moving on and off the ball
* Defensive channelling
* Dodging
* Marking
* Footwork

**Disciplinary Knowledge:**Rugby:* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Fitness:* Pupils to perform the tests for the different components of fitness
* Pupils compare themselves against normative data
* Leadership opportunities
* Evaluating performance
* Communication and teamwork
* Designing their own training sessions

Netball:* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
 | Speech | Rugby:PossessionTryPop passGut passPassing knock-onBackwardsAccuracyCatchingOutwitTacklingDefenceAttackRuckDodgeClear out |
| Speech | Fitness:AgilityCoordinationPowerSpeedMuscular strengthMuscular enduranceReaction timeBalanceFlexibilityAerobic endurance |
| Speech | Netball:Bounce passChest passOverhead passCreating SpaceMovement on and off the ballShootingAccuracyChannellingAgilityBeat a defenderSpeedCommunicationOfficiatingDodgingMarking  |
| Checklist RTL | Pupils are assessed throughout the unit. Pupils will complete their assessment booklet at the end of each activity which will include a pupil grade and a teacher grade. |
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| **Half Term 2: Rotation of Sports****Substantive Knowledge:**Swimming:* Front crawl
* Back stroke
* Breast stroke
* Butterfly
* Trickle breathing

Dance:* What is beat?
* What is rhythm?
* What is motif?
* What is meant by formations?
* What are pathways?
* What is canon?
* What is levels?
* What is unison?
* What is meant by timings?
* What is meant by rehearsal?
* What is analysing performance?

Badminton:* Grip
* Stance
* Serve (backhand and forehand)
* Overhead clear
* Drop shot
* Net shot

**Disciplinary Knowledge:**Swimming:* Pupils to perform skills within drills
* Leadership opportunities
* Evaluating performance
* Communication and teamwork

Dance:* Pupils to perform skills within rehearsal time and student observation routines.
* Leadership/ coaching opportunities.
* Evaluating performance.
* Communication and teamwork.
* Demonstrating rhythm, formations, pathways, canon/unison/ levels and varied timings into a performance.

Badminton:* Pupils to perform skills within drills and conditioned games
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of shot to meet the demands of a game
 | Speech | Swimming:Free styleFront crawlBack crawlBreast strokeButterflycoordinationSpeedStreamlineTensionExtensionTrickle breathing |
| Speech | Dance:BeatsRhythm MotifFormationPathwaysCanonRoutineLevelsFloor UnisonTimingsRehearsalAnalysis |
| Speech | Badminton:GripBody positionFlickBackhandForehandOverhead clearDrop shotNet shotAccuracyPowerAgility |
| Checklist RTL | Pupils are assessed throughout the unit. Pupils will complete their assessment booklet at the end of each activity which will include a pupil grade and a teacher grade.  |

OAA:

* What is OAA?
* What is problem solving?
* What is verbal and non verbal communication?
* Why is this important?
* What is trust?
* What is empathy?
* What is teamwork?
* What is leadership?
* What are tactics?
* What is planning?
* Why is planning important?
* What is success?

Gymnastics:

* Balances
* Tension of muscles
* Extension of body
* Rolls (Forward, backwards, teddy, pencil, cartwheel)
* Jump (tuck, pike, straddle, star, pencil, split)
* Performing a sequence
* Compositional elements (levels, speed, pathways, direction, canon and unison)

OAA:

* Pupils will be presented with problems to try and solve
* Leadership opportunities
* Evaluating performance
* Communication and teamwork
* Pupils to plan a solution to a problem.
* How does problem solving link to everyday life?
* Why is it important to analyse a problem?
* Why is understanding empathy important when working with others?

Gymnastics:

* Pupils to perform skills within rehearsal time and student observation routines.
* Leadership/ coaching opportunities.
* Evaluating performance.
* Communication and teamwork.

OAA:

* What is OAA?
* What is problem solving?
* What is verbal and non verbal communication?
* Why is this important?
* What is trust?
* What is empathy?
* What is teamwork?
* What is leadership?
* What are tactics?
* What is planning?
* Why is planning important?
* What is success?

OAA:

OAA – Outdoor Adventurous Activities

Problem Solving

Verbal Communication

Non -Verbal Communication

Trust

Empathy

Teamwork

Leadership

Tactics

Analyse

Planning

* Success

Gymnastics:

* Balances
* Tension of muscles
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* Rolls (Forward, backwards, teddy, pencil, cartwheel)
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* Performing a sequence
* Compositional elements (levels, speed, pathways, direction, canon and unison)

Gymnastics:

Balance

Tension

Extension

Quality of Movement
Rolls

Safety

Jumping

Aesthetically pleasing

Control

Fluency

Levels

Speed

Pathways

Directions

Canon

* Unison

Fitness:

* Pupils to perform training session
* Leadership opportunities
* Evaluating performance
* Communication and teamwork
* Designing their own training sessions

OAA:

OAA – Outdoor Adventurous Activities

Problem Solving

Verbal Communication

Non -Verbal Communication

Trust

Empathy

Teamwork

Leadership

Tactics

Analyse

Planning

Success