



Curriculum Plans – Year 7 - Physical Education – Academic Year 2023/24

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 7 in Key Stage 3.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
Topic	<p>Badminton/ Adventure Days</p> <p>Technical/Tactical: service, drop shot, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently, communicating rules.</p> <p>Students will apply their technique and improve their performance making contact with the shuttle, using underarm and overarm techniques. Students will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Planning For Tomorrow: discussions of how sporting facilities and sporting events are turning towards clean energy.</p>	<p>Tennis/ Swimming</p> <p>Technical/Tactical: service, forehand, backhand, volley, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules</p> <p>Students will apply their technique and improve their performance making contact with the tennis ball, and using forehand and backhand and volley techniques. Students will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p>Students will swim competently and confidently using a range of strokes over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations.</p> <p>World Around Us: discussions on Black history month and discrimination in sport.</p>	<p>Volleyball</p> <p>Technical/Tactical: underhand serve, dig, set, spike and play to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: Working independently and communicating rules</p> <p>Students will apply their technique and improve their performance making contact with the volleyball, using underarm and overarm techniques and will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p>Better together: continue to develop friendships and create an anti bullying PE environment.</p>	<p>Football/ Adventure Day</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will apply speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust.</p> <p>The working world: how cities are using sporting events to improve social, environmental and economic conditions.</p>	<p>Handball</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will apply speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing individual success and failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Opportunities for everyone: discussing proactive behaviours that make people from all backgrounds feel welcome.</p>	<p>Basketball/ Adventure Days</p> <p>Technical/Tactical: passing, footwork, shooting, positional play, marking, defending, and decision making. Students will apply agility, balance, and improved coordination.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing individual success and failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Keep it Green, Keep it Clean: discussion on ways professional sports are going green.</p>	<p>Rounders, Athletics, Sports Days & BISL Olympics</p> <p>Technical/Tactical: passing, receiving, striking, and feilding. Students will apply speed, agility, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and failure.</p> <p>Students will demonstrate throwing and catching in isolation and in combination as well as apply balance, agility and coordination. Students will apply these skills in co-operative and competitive physical activities.</p> <p>Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best with running, jumping, and throwing through a range of athletics competitions during sports days.</p> <p>Healthy Body: Healthy Mind: discussions on the interaction between your mind, body and sport.</p>
Assessments	Badminton Assessment Fitness Assessment	Tennis Assessment Swimming Assessment	Volleyball Assessment Fitness Assessment	Football Assessment	Handball Assessment Fitness Assessment	Basketball Assessment	Rounder Assessment Athletics Assessment