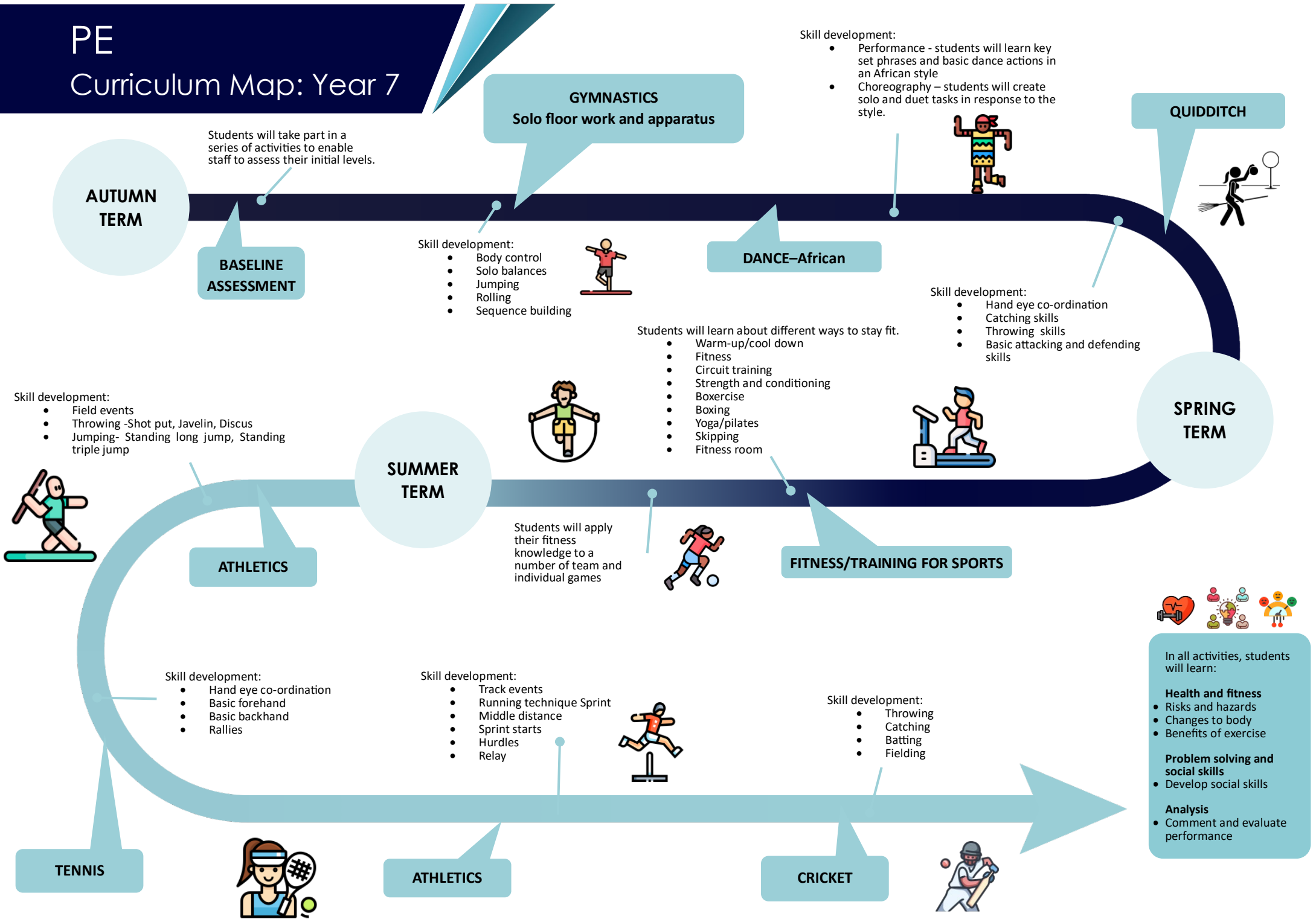


PE

Curriculum Map: Year 7



AUTUMN TERM

BASELINE ASSESSMENT

Students will take part in a series of activities to enable staff to assess their initial levels.

GYMNASTICS
Solo floor work and apparatus

- Skill development:
- Body control
 - Solo balances
 - Jumping
 - Rolling
 - Sequence building



DANCE—African

- Skill development:
- Performance - students will learn key set phrases and basic dance actions in an African style
 - Choreography – students will create solo and duet tasks in response to the style.



QUIDDITCH



SPRING TERM

- Skill development:
- Hand eye co-ordination
 - Catching skills
 - Throwing skills
 - Basic attacking and defending skills



SUMMER TERM

Students will apply their fitness knowledge to a number of team and individual games



FITNESS/TRAINING FOR SPORTS

- Students will learn about different ways to stay fit.
- Warm-up/cool down
 - Fitness
 - Circuit training
 - Strength and conditioning
 - Boxercise
 - Boxing
 - Yoga/pilates
 - Skipping
 - Fitness room



ATHLETICS

- Skill development:
- Field events
 - Throwing -Shot put, Javelin, Discus
 - Jumping- Standing long jump, Standing triple jump



- Skill development:
- Hand eye co-ordination
 - Basic forehand
 - Basic backhand
 - Rallies

- Skill development:
- Track events
 - Running technique Sprint
 - Middle distance
 - Sprint starts
 - Hurdles
 - Relay



- Skill development:
- Throwing
 - Catching
 - Batting
 - Fielding

TENNIS



ATHLETICS

CRICKET



In all activities, students will learn:

- Health and fitness**
- Risks and hazards
 - Changes to body
 - Benefits of exercise

- Problem solving and social skills**
- Develop social skills

- Analysis**
- Comment and evaluate performance