



# PE - Yr 7 – Practical 1



## Curriculum Intent

The Physical Education department intend to inspire pupils to participate and enjoy sport and other physically-demanding activities inside of school, outside of school and continue their participation in later life. We aim to develop every child's health and fitness, while motivating them to lead healthy, active lives.

We provide opportunities for pupils to participate in sport by creating a varied extra-curricular timetable and by entering teams and competitions in football, rugby, netball, basketball, cross country, gymnastics, athletics, swimming, cricket and rounders.

## Athletics

### Students will learn:-

- Athletics – Core, and Advanced skills as well as decision making covered over 8 single lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

### Knowledge, understanding & Skills

#### Core Skills:

- Track Events 100m, 200m 300m, 400m (yr10-11boys), 1500m – **SOMETIMES** effective starting, finishing, posture, leg/arm action, head carriage, efficiency
- Jumping Events- Long, High and triple jump – **SOMETIMES** effective approach, arm/leg action, take off, flight and landing
- Throwing Events- Shot, Discus, Javelin – **RARELY** effective stance, grip, travel, throwing action, release, flight, follow through

#### Advanced Skills:

- **RARELY** able to successfully use Hang/Hitch/Fosbury flop technique (Long/Triple/High) and land beyond the initial point of contact (Long/Triple)

- **RARELY** able to Cross Step/Glide (Javelin/Shot put)

#### Decision Making:

- **RARELY** able to successfully use and understand pacing and when to start a sprint finish (Long Distance Track)
- **RARELY** able to successfully alter a run up (Jumping)

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work. Teacher to use GCSE assessment criteria.

## Badminton

### Students will learn:-

- Badminton – Core, and Advanced skills as well as decision making covered over 6 single lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

### Knowledge, understanding & Skills

#### Core Skills:

- Forehand underarm and overhead clears – **SOME** accuracy. Shuttle lands at the back of the court **50%** of the time
- Forehand underarm and overhead drop shots – **SOME** accuracy. Shuttle lands at the front of the court **50%** of the time
- Forehand smashes - **RARELY** accurate. Shuttle is **rarely** hit downwards with power
- Forehand and backhand long serves - **RARELY** accurate. Shuttle rarely lands at the back of the court
- Backhand and forehand short serves – **SOME** accuracy. Shuttle lands at the front of the service box **some** of the time

#### Advanced Skills:

- Backhand underarm and overhead clears - **RARELY** accurate. Shuttle **rarely** lands at the back of the court
- Backhand underarm and overhead drop shots - **RARELY** accurate. Shuttle **rarely** lands at the front of the court
- Backhand smashes - **RARELY** accurate. Shuttle is **rarely** hit downwards with power

#### Decision Making:

- **RARELY** uses a variety of shots to move opponent around the court
- **RARELY** able to disguise shots successfully

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work. Teacher to use GCSE assessment criteria.

# Basketball

## Students will learn:-

- Basketball – Core, and Advanced skills as well as decision making covered over 6-8 single lessons

## What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

## Knowledge, understanding & Skills

### Core Skills:

- Passing (Chest, bounce and overhead) - **SOME** accuracy
- Dribbling with dominant hand – **SOME** control
- Shooting (set shot and jump shot) – **SOME** success with short distance, **RARELY** successful over larger distances
- Lay-up with dominant hand – **RARELY** successful

### Advanced Skills:

- Beat an opponent with a fake and drive – **RARELY** successful
- Lay-up using non-dominant hand – **RARELY** successful
- Dribble using non-dominant hand – **RARELY** shows control
- Hook shot – **RARELY** successful
- Rebound – **RARELY** successful

### Decision Making:

- Communication with other players on offensive and defensive tactics (career related) – **RARELY**
- Tactics and strategies (man to man/zonal marking, positioning on court, screens) – **RARELY** used successfully
- Choose when to apply appropriate skills – **RARELY**

## How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

## How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

# Cricket

## Students will learn:-

- Cricket - Core, and Advanced skills as well as decision making covered over 6 single lessons

## What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

## Knowledge, understanding & Skills

### Core Skills:

- Batting (Stance, Grip, footwork, forward and backward defensive shots, drives) - **RARELY** accurate
- Bowling with line and length (fast, medium or spin) – **RARELY** accurate
- Fielding- Underarm throw, overarm throw over varying distances, long barrier and catching – **SOMETIMES** successful over short distances, **RARELY** successful over long distances

### Advanced Skills:

- Batting- Square cut, pull shots, hook shots, sweeps – **RARELY** accurate
- Bowling- with a variety of line, length and flight – **RARELY** accurate
- Fielding- Pick up and throw in one motion – **RARELY** successful

### Decision Making:

- Excellent communication with partner - **RARELY**
- Organisation of the fielders (Leadership skills: Career related) - **RARELY**
- Apply tactics and strategies to outwit an opponent – **RARELY**
- Placement of the ball away from fielders - **RARELY**

## How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

## How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

# Fitness

## Students will learn:-

- Fitness - Core, and Advanced skills as well as decision making covered over 6 single lessons

## What does Excellence look like?

- Consistently excellent intensity and technique

- Able to structure fitness session appropriately using the various methods of training

## Knowledge, understanding & Skills

### Core Skills:

- Continuous training
- Interval training
- Fartlek training
- Circuit training (e.g. squats, lunges, step ups, shuttle runs, press ups, sit ups, planks, skipping)
- HIIT training
- SAQ training

*Students are able to participate in the training methods listed above with **SOME** intensity and good technique **SOME** of the time*

### Advanced Skills:

- Ability to make training harder (e.g. in circuit training, jumping squats, jumping lunges, one leg plank etc.)

*Students are **RARELY** able to participate in training after increasing the intensity*

### Decision Making:

**SOME** knowledge of how to structure an appropriate fitness session in each of the various methods

## How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube

## How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.