

Physical Education

Year 7 Overview

By the end of year 7 all students will have learned core skills involved in a range of different sports from invasion games to outdoor adventurous activities. Students will explore different sports every 4 weeks, creating a broad curriculum which allows the students to experience and range of different sports.

A student demonstrating secure knowledge will be able to further these core skills and develop a greater tactical and strategical awareness throughout the remainder of the KS3 curriculum to become a more competitive and skilled participant where they could outwit their opponents more easily. Students will study sports twice across KS3, within their first year of teaching, emphasis will be placed on core knowledge and in the second year of teaching there will be a development of the skills with a greater emphasis on tactical awareness.

Topic	Curriculum Plan
Invasion Games	Sports will include football, netball, rugby and basketball. Within these different sports pupils will cover the core skills such as passing, moving with the ball, ball handling and control, offensive and defensive play as well as learning the rules and regulations of the different sports.
Net and Wall Games	Sports will include Pickleball and Table tennis. Within these sports pupils will learn serving techniques, footwork and positioning on the court, offensive striking as well as the rules, regulations and strategies involved in each sport.
Gymnastics	Pupils will learn about different shapes and body positioning. They will explore different movements such as tuck jumps and pikes. Pupils will also explore balances and sequences of movements which allow a routine to be formed.
OAA	In OAA pupils will learn and develop their teamwork and communications skills through using verbal and non-verbal signals. They will also learn orienteering symbols and will explore how to use a map to follow a basic route.
Athletics	Events will include: 100m, 800m, shot put, javelin, long jump, relay Pupils will learn how to respond to commands at the start of running events, whilst also learning how to safely move lanes on longer distance events. Pupils will learn how to perform different throwing and jumping events and be able to identify whether their performance was legal or illegal.
Striking and Fielding	Sports will include rounders and cricket. Pupils will develop their understanding of footwork and positioning to be more effective when striking the ball. They will also learn how to bowl in different styles to deceive the striking players. Pupils will develop their fielding techniques through improving their throwing and catching abilities. Pupils will also learn and develop an understanding of how to score and the strategies involved in scoring more points and preventing points being scored by opposition players.

PE Kit requirements

Pupils will need to ensure that they have PE kit for all lessons regardless of whether they are ill or injured. Pupils should always have their Ormiston PE t-shirt for lessons. Shorts, leggings and trousers must be black. Cycling shorts are not permitted in lessons

Useful links:

[Physical Education - BBC Bitesize](#)

Assessments:

Pupil assessment will be ongoing with a working at grade being reviewed each half term. Pupils will be assessed on their knowledge of the skill and practical performance which will contribute to their overall working at grade.