Sandbach School Physical Education Curriculum:

Year 7 PE Curriculum Sequence

Introduce:

Intent: To build on and embed the physical development and skills learned in key stage 2.

SANDBACH SCHOOL

To be able to demonstrate and recall accurate movement patterns and techniques across a variety of sports and physical activities.

To introduce rules, tactics and strategies across a variety of sports & physical activities.

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Practical Activity 1	Practical Activity 2	Practical Activity 3	Practical Activity 4	Practical Activity 5	Practical Activity 6	Practical Activity 7	Practical Activity 8
Team building activities	Swimming	Rugby	Hockey	Football	Basketball	Athletics	Cricket
Ready – Respectful - Safe	Personal Growth	Movement Competence	Confidence	Knowledge & Understanding	Motivation	Movement Competence	Confidence
Why this here? This initial cross-curricular scheme supports the transition between KS2 and KS3, which encourages students to explore physical activity with their new peers at KS3. RRS are the school's rules that student should live by. The importance of this is delivered through lessons.	Why this here? Swimming is a life skill and something we see as essential. Some boys come with very little previous experience and will learn to swim before they leave SS Personal Growth allows students to develop their interactions with others whilst also learning to win and lose respectfully.	Why this here? Invasion games are a key part of the PE curriculum here at the school allowing students to build bonds through competition. Boys learn to win and lose whilst being active for long periods of time which promotes a love of being healthy and active. Movement Competence ensures students reflect on their learning and develop an understanding of what progress looks like	Why this here? Invasion games are a key part of the PE curriculum here at the school allowing students to build bonds through competition. Boys learn to win and lose whilst being active for long periods of time which promotes a love of being healthy and active. Confidence challenges boys to reflect on their attitude to participation. Encouraging boys to develop resilience and accept failure.	Why this here? Invasion games are a key part of the PE curriculum here at the school allowing students to build bonds through competition. Boys learn to win and lose whilst being active for long periods of time which promotes a love of being healthy and active. Knowledge and Understanding teaches students all about the benefits of sport and being active and how they are vital to leading a healthy and active life	Why this here? Invasion games are a key part of the PE curriculum here at the school allowing students to build bonds through competition. Boys learn to win and lose whilst being active for long periods of time which promotes a love of being healthy and active. Motivation gives students the knowledge to reflect on their feeling towards success and failure but also to improving and being determined to improve.	Why this here? Develop their technique and improve their performance in other competitive sports. Athletic also uses a range of movements which relate to gymnastics and gives students a better understanding of their technique and use of limbs in a wide variety of sports Movement Competence ensures students reflect on their learning and develop an understanding of what progress looks like	Why this here? Develop hand eye coordination and teamwork skills through striking and fielding activities. Students will develop a range of skills that are not used in invasion games. Numbers of boys taking up the sport in the local area is rising and it lends itself to another strand of XTRA programme. Confidence challenges boys to reflect on their attitude to participation. Encouraging boys to develop resilience and accept failure.
National Curriculum Links Pupils will: • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	National Curriculum Links Pupils will: • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	National Curriculum Links Pupils will: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	 National Curriculum Links Pupils will: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	National Curriculum Links Pupils will: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	National Curriculum Links Pupils will: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	 National Curriculum Links Pupils will: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	National Curriculum Links Pupils will: • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
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