Year 7 PE Curriculum Sequence

Intent: Maximising Participation & Developing Excellence

<u>HT1</u> Baseline Assessment	HT2 Swimming	HT3 Individual games	<u>HT4</u> Gymnastics	<u>HT5</u> Striking & Fielding activities	HT6 Athletics
Team/invasion games		Health Related Fitness			
Why start here?	Why this unit?	Why these units?	Why this unit?	Why this unit?	Why this unit?
Beginning with baseline assessments allows teaching staff to allocate students to groups in regards to their strengths & weaknesses, allowing PE to be accessible for all students. As a department we believe it is vital that all students learn to swim, therefore students who are unable to swim are prioritised into their own swim group, to enable fast and efficient progress. Team games allows fast integration of KS2 NC targets of developing fundamental movement skills, as well as specific links to NC KS3 PE of developing technique & performance in competitive sports & use of a range of tactics/strategies to outwit opponents. Links to extra curricular activities.	We are lucky to have an onsite swimming pool, which allows us to continue from the KS2 NC, where students should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Teaching individual games allows students to improve performance and develop techniques in individual activities, as well as develop tactics and strategies to outwit opponents. Health related fitness allows an introduction to some content within the academic PE syllabus. Gives students an introduction to how the body works, how to live a healthy active lifestyle, and ensure students are active for a sustained period of time. Lessons are used to apply knowledge of healthy participation to an active lifestyle.	Teaching this unit allows students to gain a greater understanding of fundamental movement skills, develop upper, lower & core body strength as well as gain an aesthetic appreciation for movement within Physical Education with healthy participation.	Teaching striking & fielding activities allows students to develop appreciation for hand eye coordination skills, use own tactics and strategies to outwit opponents both as an individual as well as being part of a team, as well as develop fundamental movement skills.	Teaching Athletics enables students to develop technic Running, Jumping & Throwing, which can allow studen demonstrate resilience to show improvements in performance, as well as transfer skills across units with curriculum.
Examples of activities used to deliver team/invasion games.	Examples of activities used to deliver swimming	Examples of activities used to deliver these units	Examples of activities used to deliver this unit	Examples of activities used to deliver this unit	Examples of activities used to deliver this unit
Rugby Football Hockey Basketball Handball Invasion	Body position Leg kick Arm stroke Breathing Timing For Front crawl Backstroke Breaststroke	Badminton Table Tennis How to conduct a warm up/cool down How to measure heart rate Which major muscles are working to perform actions	Levels Rolls Individual Balances Partner Balances Locomotion	Cricket Softball Tennis Danish Longball	SAQ Endurance running Throws Jumps
Teaching these things here supports: National curriculum aims Extra curricular participation/healthy active lifestyle Academic Pathway- NEA Integration into Sandbach School sports teams via select sports – greater sense of being a sandbachian is created through representing the school	Teaching these things here supports: KS2 National Curriculum Extra Curricular participation/healthy active lifestyle Academic pathway- NEA	Teaching these things here supports: KS3 Health related fitness GCSE PE-Health, fitness & well being Academic pathway- NEA Extra Curricular participation/healthy active lifestyle	Teaching these things here supports: Flight/group balances gymnastics KS3 NC-Developing technique & performance in competitive sports KS3 NC- Analyse performance & demonstrate improvement	Teaching these things here supports: KS3 NC- Developing technique & performance in competitive sports KS3 NC - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games Academic pathway- NEA KS3 Maths	Teaching these things here supports: KS3 NC- Developing technique & performance in comsports Development of fundamental movement skills & mot competences KS3 Maths Academic pathway-NEA
These topics feed from:	These topics feed from:	This topic feeds from: Unit 1 Team games	This topic feeds from: Health related fitness	This topic feeds from: • Skills developed through invasion games	This topic feeds from: Use of fundamental movements in invasion games/h related fitness.