

YEAR 7		Description	Levels covered	Skills & content covered	Skills & content revisited
PE					
AUTUMN 1	Outwitting opponents	Pupils will perform within a number of invasion sports such as Netball, Football, Basketball, Badminton, Table Tennis, Rounders and Cricket.	L3-L6	Developing warm ups; why and how we warm up correctly. Develop sending and receiving skills and decision making in relation to the situation. Introduce attacking skills and defensive skills and look at ways in which to intercept or maintain possession. Introduce formation, positions and tactical awareness. Students will also develop their knowledge of the rules and regulations of the game and use this opportunity to umpire/referee a competitive match.	Fundamental send and receiving motor skills from primary school.
AUTUMN 2	Exercise Safely and Effectively	Pupils will learn how to perform safely and effectively within a range of different exercise sessions whilst monitoring the changes in their HR.	L3-L6	Students will begin to develop their knowledge of the effects of exercise has on our body (including the tracking of our HR throughout the lesson) and how we should prepare for exercise safely. Students will develop their understanding of what the components of fitness are and how they may benefit us in our day to day life. Students will take part in a circuit training and understanding how to set up and perform this type of training safely and effectively. Students will begin to discuss possible changes they could make to their every day lives to improve their health and well being	The understanding of how to exercise safely and responsibly in a group environment.
SPRING 1	Accurate Replication Gymnastics	Perform simple skills, actions and balances, using the floor and low level apparatus. Students will also make judgements on own and peer pieces of work using key words and routine set criteria - WWW and EBI.	L3-L6	Students will explore ways in which to travel using a variety of body parts, levels and pathways. Pupils will begin to work individually on balances and understand what constitutes as being an effective balance, using key words from the board and peer observation. Students will then go on to discover mirror and matching in pairs and how this relationship may be used in a partner routine along with canon and unison. The teacher will then discuss trust and it's importance within groupwork through the introduction of counterbalances.	Simple actions such as rolls to be revisited. Gymnastics safety- use of equipment, preparation for exercise.
SPRING 2	Accurate Replication Dance	Students will learn to count music & perform a short motif to the music. Students will learn how to choreograph their own movement and improve performance through practice.	L3-L6	Students will collectively create a class warm up routine to be repeated and led by different students each week. Students will learn a set themed routine and perform to a selected piece of music. Students will learn how to develop a movement phase as a class and in small groups. Pupils will be introduced to different stimuli to help generate ideas for creating own choreography. To compliment the choreography students will be introduced to the relationships in dance; canon, ripple, mirroring, Q&A. Students will develop the ability to plan, perform and evaluate compositions and continue to extend a choreographed movement phrase. Students will learn how to use the relationship between music and dance to enhance performance.	Students will build upon the fundamental movement skills that have developed during primary school.

SUMMER 1	Performing at Maximum Levels in Athletics	Unit of work covering various athletics events, such as: javelin, shot put, long jump, triple jump, high jump, sprinting, relay, hurdles, middle and long distance running.	L3-L6	Students will learn and develop various athletics skills. They will be able to perform basic athletics skills and techniques, they will understand health and safety aspects of athletics and they will be able to explain their own and others strengths and weaknesses in different skills.	Students will build upon the fundamental movement skills that have developed during primary school.
SUMMER 2	Outwitting Opponents in Striking and Fielding Games	Unit of work involving rounders, cricket, where the students will learn how to outwit opponents through performing batting, bowling and fielding skills.	L3-L6	Students will learn to select and accurately replicate a range of skills to outwit an opponent. Students will develop and refine basic throwing and catching and retrieval skills in a variety of fielding positions. They will begin to develop batting skills and look for ways to hit into space. Furthermore students will understand and demonstrate basic effective bowling technique as well as developing their understanding of the rules attached to both teams in the sport. Students will begin to take on the role of umpire alongside the teacher to help develop their understanding of the game. They will analyse and make suggestions, which will improve individual play and evaluate performance of self and others using correct terminology. As well as conduct a suitable warm up and explain why exercise is good for health and a sustainable life.	Students will build upon their fundamental hand eye co-ordination skills that have developed during primary school.