Year 7 Physical Education Curriculum

Term	Curriculum content
Michaelmas 1 	**Baseline Fitness Testing:** Variety of different fitness test to help with setting the classes. **Girls:** Football, pupils will be learning about simple passing and dribbling. Focusing on technical aspects of the game. pupils develop their communication skills both physically and verbally during competitive game situations Training for potential teams in both boys and girl's cups and fixtures. **Boys:** Rugby, pupils will learn more about the rules of the game, passing and basic tackling. Rucking and mauling how to set up with safety implications. pupils learn how to play with a high competitive edge . Training for rugby festivals. KEYWORDS: Muscles
Michaelmas 2 	**Girls:** Rugby, pupils will learn more about the rules of the game, passing and basic tackling. Rucking and mauling how to set up with safety implications. pupils learn how to play with a high competitive edge. Training for rugby festivals. **Boys:** Football, pupils will be learning about simple passing and dribbling. Focusing on technical aspects of the game. pupils develop their communication skills both physically and verbally during competitive game situations Training for potential teams in both boys and girl's cups and fixtures. KEYWORDS: Bones
Lent 1 	**Girls:** Gymnastics, pupils will learn simple gymnastics skills such as jumping, leaps, travelling steps, rotations and creation of routines. Pupils will also learn about different components of fitness linked to gymnastics. **Boys:** Table Tennis/Badminton, pupils will learn simple coordination skills such as serving and returning. They will learn backhand and forehand movements as well as overhead clear in badminton. KEYWORDS: Components of fitness
Lent 2 	**Girls:** Netball, pupils will learn different types of passing (chest, bounce and shoulder). They will also learn the different positions and simple rules to enable game play. Training for potential teams in both boys and girl's cups and fixtures. **Boys:** Table Tennis/Badminton, pupils will learn simple coordination skills such as serving and returning. They will learn backhand and forehand movements as well as overhead clear in badminton. KEYWORDS: Diet and Health & Fitness
Trinity 1 	**Batting and Fielding Games** Rounders, pupils will learn basic throwing and catching techniques as well as the rules of the game and positioning. Cricket, pupils will learn basic throwing and catching techniques as well as the rules of the game and positioning.
Trinity 2 	**All students:** Athletics, pupils will learn the basic techniques for Track events – 100m, 200m, 1500m and 4x100m. Exit from a block when sprinting and also relay batons exchange. Field events – shot-put, discus and javelin. KEYWORDS: Types of training