**Year 7 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR****7** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | * Football
* Cross Country
 | * Basketball
* Badminton
 | * Dodgeball
* Health Related Fitness
 | * Pickleball
* Tag Rugby
 | * Athletics
* Rounders
 | * Athletics
* Cricket
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| **Key new knowledge** | **Football**Ball FamiliarisationDribbling - Keeping Control of the ballDribbling - running with the ball at paceControl - Receiving balls along the groundControl - Receiving inside of the footHeadingThrow-In’sShooting – Deadball**Cross Country**Delevoping cardiovascular endurance – pacing a 1km run  | **Basketball**Ball FamiliarisationReady Position & Sidestep MovementPassing and Receiving - Chest PassPassing and Receiving - Ball ReceivingDribble Control - 1 Hand DribblePassing and Receiving - Bounce PassAttacking Dribble (Speed Dribble)Shooting - Set Shot**Badminton**Warm Up for BadmintonShuttle FamiliarisationReady Position Lateral Movement / Shuffle & Lateral RunBody Position when Striking (Introduction to Striking)Hand Badminton (Introduction to Striking)Racket Familiarisation / Striking ShuttleSending Shuttle Forehand GripForehand Rally (No Net / Net) | **Dodgeball**Rules and objectives of dodgeball.ThrowingCatching boundaries and safety rules of the game.dodging and evading Simple dodgeball games**HRF**Health Cardiovascular fitnessMuscular enduranceFlexibilityBody compositionMuscular endurance | **Pickleball**Basics:GripStanceBall Control on PaddleServe:Position,grip,stance, swingDirectionTactical:Basic rules**Rugby**Ball FamiliarisationTwo-Handed GripBall Pick UpReady PositionPop PassReceiving a PassMoving at Pace with BallTagging Technique | **Athletics**SprintSprint startTechniqueJumpingLong jump – take off & landing rules ,approachPractice Drills: Basic relay drills, shadow runs, and mini races.**Rounders**Running Ball FamiliarisationCatchingUnderarm ThrowingGrip of Bat and stance | **Athletics**DistanceRunning TechniquePacingThrowingShotputt – Grip & standing techniqueRelayPositioning of runners in team & baton passing**Cricket**Introduction to Cricket Warm up for CricketBall FamiliarisationFielding: Catching a ballFielding: Throwing a ball (under arm)Batting: GripBatting: Stance |
| **Assessments** |  |  |  |  |  |  |