**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 |
| **Key new knowledge** | **Football**  Ball Familiarisation  Dribbling - Keeping Control of the ball  Dribbling - running with the ball at pace  Control - Receiving balls along the ground  Control - Receiving inside of the foot  Heading  Throw-In’s  Shooting – Deadball  **Cross Country**  Delevoping cardiovascular endurance – pacing a 1km run | **Basketball**  Ball Familiarisation  Ready Position & Sidestep Movement  Passing and Receiving - Chest Pass  Passing and Receiving - Ball Receiving  Dribble Control - 1 Hand Dribble  Passing and Receiving - Bounce Pass  Attacking Dribble (Speed Dribble)  Shooting - Set Shot  **Badminton**  Warm Up for Badminton  Shuttle Familiarisation  Ready Position Lateral Movement / Shuffle & Lateral Run  Body Position when Striking (Introduction to Striking)  Hand Badminton  (Introduction to Striking)  Racket Familiarisation / Striking Shuttle  Sending Shuttle Forehand Grip  Forehand Rally (No Net / Net) | **Dodgeball**  Rules and objectives of dodgeball.  Throwing  Catching  boundaries and safety rules of the game.  dodging and evading  Simple dodgeball games  **HRF**  Health  Cardiovascular fitness  Muscular endurance  Flexibility  Body composition  Muscular endurance | **Pickleball**  Basics:  Grip  Stance  Ball Control on Paddle  Serve:  Position,grip,stance, swing  Direction  Tactical:  Basic rules  **Rugby**  Ball Familiarisation  Two-Handed Grip  Ball Pick Up  Ready Position  Pop Pass  Receiving a Pass  Moving at Pace with Ball  Tagging Technique | **Athletics**  Sprint  Sprint start  Technique  Jumping  Long jump – take off & landing rules ,approach  Practice Drills: Basic relay drills, shadow runs, and mini races.  **Rounders**  Running    Ball Familiarisation  Catching  Underarm Throwing  Grip of Bat and stance | **Athletics**  Distance  Running Technique  Pacing  Throwing  Shotputt – Grip & standing technique  Relay  Positioning of runners in team & baton passing  **Cricket**  Introduction to Cricket  Warm up for Cricket  Ball Familiarisation  Fielding: Catching a ball  Fielding: Throwing a ball (under arm)  Batting: Grip  Batting: Stance |
| **Assessments** |  |  |  |  |  |  |