

Y7 PE Curriculum Progression Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Dates	4 th September – 20 th October	30 th October – 15 th December	2 nd January – 9 th February	19 th February – 23 rd March	9 th April – 25 th May	4 th June – 24 th July
Weeks	7 Weeks	7 Weeks	6 Weeks	5 Weeks	5 Weeks	7 weeks
Lessons	7 Lessons	7 Lessons	6 Lessons	5 Lessons	5 Lessons	7 Lessons
Inset	2 nd , 3 rd , 20 th September	2 nd December	-	-	-	23 rd July, 24 th July
Unit Title	Baseline testing	Football (Depending on group)	Netball (Depending on group)	Basketball (Depending on group)	Athletics (Depending on group)	Rounders (Depending on group)
Sequence	<ul style="list-style-type: none"> 6 basic fitness tests to be completed in each lesson. Results to be recorded in the ABCD booklets. 6 min endurance Run 30 metre sprint Sit up (muscular endurance) test Balance test Agility 	<ul style="list-style-type: none"> Key skills include passing using different parts of the foot, both stationary and moving, control (first touch), dribbling, turning, finishing, 	Key skills to include: Passing & foot work rule Creating space/outwitting opponents Attacking play/dodging Shooting Defending/positional awareness	Key skills to include: passing and receiving, pivoting, stopping, dribbling, shooting (Set shot) and rebounding, creating space and marking Games to include benchball, possession games, half-court games and 3 V 3	Shot putt and javelin or discus, High jump - Scissors and Fosbury Long jump Triple jump Relay Hurdles Middle distance running Sprinting How to measure jumps and throws <i>How to time a sprint race.</i>	Basic underarm throwing and catching How to absorb the impact Bowling technique - rules regarding no balls Overarm throw high or flat and fast Batting – stance, back lift, contact and follow through Fielding – catching the low catch, intercepting and fielding the rolling ball Games include bucketball,
Rationale	Pupils are baselined upon entry into year 7 and the testing allows teachers to gain an understanding of the student's ability coming in at KS3. The tests are repeated at the same time in year 8 and then year 9, results are recorded every year in the same booklet. This allows students and teachers to see any progression made but also any regressions. Students are introduced the terminology associated with each of the tests to start to build their vocab.	To learn and develop the key skills for football Pass the ball on the ground with consistency when stationary Develop a good 1st touch by cushioning the ball To show awareness of teammates Understand the principles support, how to create and use space, marking Games to include small possession games with/without defensive pressure, target games, uneven number games, small sided invasion games (up to 5 V 5)	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball. To demonstrate the ability to evaluate performances and suggest ways to improve. Further development - Inter house/form netball comp.	In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Accurate replication of running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances.	In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately score games.
Key Building Blocks	Knowledge of: Fitness Health Leading a Healthy, Active Lifestyle	Knowledge of: Fitness Health Leading a Healthy, Active Lifestyle Rules	Knowledge of: Shooting challenges Warming-up / cooling down theory Bone of the week / muscle of the week	Knowledge of: The basic principles of attack and defence. Small teams to plan how to play Taken different roles in some games, including attacker and defender Used and kept rules and conventions for games	Knowledge of: Experienced running, jumping and throwing in an athletic form. Demonstrated basic technique	Knowledge of: Developed an understanding of field placement. Where to hit the ball to increase chances of scoring Experienced a range of batting, bowling and fielding techniques.
Retrieval Practices	Whiteboard activities Q and A session Practical performance Demonstration	Whiteboard activities Q and A session Practical performance Demonstration	Whiteboard activities Q and A session Practical performance Demonstration	Whiteboard activities Q and A session Practical performance Demonstration	Whiteboard activities Q and A session Practical performance Demonstration	Whiteboard activities Q and A session Practical performance Demonstration
Key Skills	Listening Practical application Preparing safely Cooperation	Preparing safely Cooperation and communication Teamwork Tactics	Preparing safely Cooperation and communication Teamwork Tactics	Preparing safely Cooperation and communication Teamwork Tactics	Pacing Timing Consistency Safety Mental determination	Preparing safely Cooperation and communication Teamwork Tactics
Key terms	Muscular Endurance Agility Muscular Strength Power Healthy Lifestyle Choices	Preparing safely Cooperation Teamwork Tactics Rules Offside Peer coaching	Preparing safely Cooperation Teamwork Tactics Rules Peer coaching	Tactics, eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through. Preparation, eg warming up, cooling down. Assessment, eg collecting and analysing data Speaking and listening – through the activities	Running, eg stride length and cadence, leg and arm action, head position, pacing Throwing, eg grip, stance, release and follow-through, angle of release Jumping, eg approach run, acceleration, maintaining momentum, take off and lift, arm action	Tactics and techniques, eg stance, body position, follow-through, mechanics of movement, no ball, batting order, bowling techniques, field placements, coaching, officiating/umpiring, anticipation
Numeracy	Measuring, timing, angles	Pitch measurements and markings, angles.	Scoring, timing.	Scoring, timings.	Angles, measurements, timings.	Scoring systems, pitch angles.
Formative Assessment	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback
Summative Assessment	Fitness test results	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets
SMSC, British Values & Cultural Capital	Links with the Olympics, discussion of Athletic events and various Athletes from around the world who excel.	Football teams and players from around the world.	Citizenship – sportsmanship and learning to be tolerant of others.	Citizenship – sportsmanship and learning to be tolerant of others.	Citizenship – sportsmanship and learning to be tolerant of others. Links with the Olympics, world Championships, Diamond League events.	Citizenship – sportsmanship and learning to be tolerant of others.
Linking curriculum to careers	Linking to fitness instructor careers and PT trainers who complete fitness tests as part of their job.	Links to jobs and careers within the Football industry. Coaching, managers etc.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.