PE Department – Year 7: Boys

Shirley High Curriculum Map

Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will develop their knowledge of the benefits of leading a healthy active lifestyle.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Boxing/fitness and Rugby	**Football/Netball**	**Boxing/fitness and Rugby**	**Athletics**	**Trampoline, Striking and Fielding**	**Trampoline, Striking and Fielding and Basketball**
Why Now?	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport. •	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport	• Competitions local & regional. • Extra curricular clubs & fixtures • Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport
Fundamental Concepts -	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Rugby. Improve the quality of skills using various techniques and evaluation to improve performance Improve levels of fitness by maintaining high levels of physical activity in training methods. Demonstrate offensive and defensive skills individually and in combination in order to outwit the opponent in boxing.	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Football and Netball. Improve the quality of skills using various techniques and evaluation to improve performance.	Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Rugby. Improve the quality of skills using various techniques and evaluation to improve performance Improve levels of fitness by maintaining high levels of physical activity in training methods. Demonstrate offensive and defensive skills individually and in combination in order to outwit the opponent in boxing.	Accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Evaluate aspects of technique and use the information to become more technically proficient.	Demonstrate skills individually and in combination. Incorporate control, precision and aesthetics into sequences showing creativity. Evaluate performance to improve. Replicate and improve individual technique in batting, bowling and fielding. with the intention of outwitting opponents. Evaluate performance to improve.	Demonstrate skills individually and in combination. Incorporate control, precision and aesthetics into sequences showing creativity. Evaluate performance to improve. Replicate and improve individual technique in batting, bowling and fielding. with the intention of outwitting opponents. Evaluate performance to improve. Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Basketball. Improve the quality of skills using various techniques and evaluation to improve performance.
Students will…	**Motor proficiency-** <u>Boxing</u> Explain and perform the stance, footwork, jab, cross, and basic combinations. Explain and perform the dip for evasion. **Rules, strategies and tactics –** Develop knowledge of, the rules surrounding competition. Develop knowledge of, the basic strategies and tactics **Motor proficiency -** <u>Fitness Training Methods</u> **Circuit Training** Explain and perform a 12 station circuit while maintaining high levels of physical activity. **Fartlek Training** Explain and perform a 20 minute fartlek route while maintaining high levels of physical activity. **Continuous Training** Explain and perform a 20 minute fartlek route while maintaining high levels of physical activity. **Motor proficiency –** <u>Rugby</u> Explain and perform attacking principles such as passing, receiving and beating opponents through conditional and competitive situations. Explain and perform contact skills such as tackling, rucking and scrimmaging through conditional and competitive situations. **Rules, strategies and tactics –**	**Motor proficiency -** <u>Football</u> Explain and perform attacking principles such as ball control, passing and movement, dribbling and shooting, through conditional and competitive situations. Explain and perform defensive principles such as marking and tackling through drills through conditional and competitive situations. **Rules, strategies and tactics –** Develop knowledge of, the rules surrounding match play. Develop knowledge of, the basic strategies and tactics. <u>Netball</u> Explain and perform attaching skills such as footwork, passing and movement off the ball, positions, shooting, through conditional and competitive situations. Explain and perform defensive skills such as marking the ball, the person the space through drills through conditional and competitive situations. **Rules, strategies and tactics –** Develop knowledge of, the rules surrounding match play. Develop knowledge of, the basic strategies and tactics. **Health –** Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. **Theory content –** Preventing injuries- Warm up/ cool down Physical training- Components of fitness, types of training, fitness testing.	**Motor proficiency-** <u>Boxing</u> Explain and perform the stance, footwork, jab, cross, and basic combinations. Explain and perform the dip for evasion. **Rules, strategies and tactics –** Develop knowledge of, the rules surrounding competition. Develop knowledge of, the basic strategies and tactics **Motor proficiency -** <u>Fitness Training Methods</u> **Circuit Training** Explain and perform a 12 station circuit while maintaining high levels of physical activity. **Fartlek Training** Explain and perform a 20 minute fartlek route while maintaining high levels of physical activity. **Continuous Training** Explain and perform a 20 minute fartlek route while maintaining high levels of physical activity. **Motor proficiency –** <u>Rugby</u> Explain and perform attacking principles such as passing, receiving and beating opponents through conditional and competitive situations. Explain and perform contact skills such as tackling, rucking and scrimmaging through conditional and competitive situations. **Rules, strategies and tactics –**	**Motor proficiency –** <u>Athletics</u> Explain and perform throwing events (Shot Put, discus, javelin) through conditional and competitive situations. Explain and perform sprint events (100m, 200m, sprint start) through conditional and competitive situations. Explain and perform middle and long distance events (800m and 1500m) through conditional and competitive situations. Explain and perform a 4x100m relay through conditional and competitive situations. **Rules, strategies and tactics –** Develop knowledge of the rules surrounding sprint starts, legal throws and lane protocol during changeovers. **Health –** Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. **Theory content –** Preventing injuries- Warm up/ cool down Physical training- Components of fitness, types of training, fitness testing.	**Motor proficiency -** <u>Trampoline</u> Explain and perform fundamentals, twists, landings, combined movements and routines while demonstrating good body tension. Skills to be demonstrated in Y7 include: Straight jump, half twist, full twist, seat landing, seat to half twist. Progressions in Y8 include: Tuck jump, swivel hips, hands and knees to front landing. **Rules, strategies and tactics –** Develop knowledge of how to link skills together to form a sequential routine within competition rules. **Motor proficiency -** <u>Striking & Fielding</u> Explain and perform batting attacking and defensive shots, in conditioned and competitive situations. Explain and perform legal bowling technique in conditioned and competitive situations. Explain and perform barrier techniques in conditioned and competitive situations. **Rules, strategies and tactics –** Develop knowledge of the rules surrounding match play. Develop knowledge of, the basic strategies and tactics **Health –** Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment.	**Motor proficiency -** <u>Trampoline</u> Explain and perform fundamentals, twists, landings, combined movements and routines while demonstrating good body tension. Skills to be demonstrated in Y7 include: Straight jump, half twist, full twist, seat landing, seat to half twist. Progressions in Y8 include: Tuck jump, swivel hips, hands and knees to front landing. **Rules, strategies and tactics –** Develop knowledge of how to link skills together to form a sequential routine within competition rules. **Motor proficiency -** <u>Striking & Fielding</u> Explain and perform batting attacking and defensive shots, in conditioned and competitive situations. Explain and perform legal bowling technique in conditioned and competitive situations. Explain and perform barrier techniques in conditioned and competitive situations. **Rules, strategies and tactics –** Develop knowledge of the rules surrounding match play. Develop knowledge of, the basic strategies and tactics **Motor proficiency -** **<u>Basketball</u>** Explain and perform attacking principles such as stance/footwork, passing and movement, dribbling and shooting, through conditional and competitive situations.

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Language for Life (Key terms /Vocabulary)	<u>Fitness</u> Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise; <u>Rugby</u> Passing; tackling; side-step; rucking; try line; dead ball line; forwards; backs; attacking and defensive line tactics; strategies; coaching; officiating; umpiring <u>Boxing</u> Jab; cross; dip; combinations, evasion, footwork, stance, power	<u>Football</u> Attacking – move into space, side foot, pass appreciation, body shape, break lines, receive on the back foot, knee over ball, arms for balance. Defending - goal side, jockey, recover, combative, positioning, zonal marking, man marking. Rules, strategies and tactics - offside, throw ins, dead ball situations, fouls, formations, attacking and defensive tactics. <u>Netball</u> Attacking – move into space, footwork, pivoting, offside, court lines & areas, positions. Defending - marking opposite position, areas to mark, interception, footwork and obstruction. Rules, strategies and tactics – Footwork, contact, obstruction, offside and re play ball. Warm up/Cool down: Pulse raiser, Stretching, mobility, dynamic movement, skill rehearsal, low intensity exercises & stretching	<u>Fitness</u> Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise; <u>Rugby</u> Passing; tackling; side-step; rucking; try line; dead ball line; forwards; backs; attacking and defensive line tactics; strategies; coaching; officiating; umpiring <u>Boxing</u> Jab; cross; dip; combinations, evasion, footwork, stance, power	<u>Athletics</u> Olympics; running; lead leg, trail leg; stride length; cadence; leg and arm action; head position; pacing; throwing*;* grip; stance*; release* and follow-through; angle of release; jumping; approach; run; acceleration; maintaining momentum; take off and lift; arm action; baton; bell; lap; discus; javelin; hammer; shot; hurdles; long jump; high jump; false start; lap; sprinting; middle/ long distance; marathon; relay; records; starting blocks; coaching; officiating; umpiring; tactics strategies	<u>Trampoline</u> Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; officiating; umpiring Components of fitness relevant to trampoline – Balance; Strength; Power; Flexibility; Components of warming up specific to Trampoline – warm up, pulse raiser, static stretching, sports specific re-warm. Intro terminology relating to muscles <u>Striking & Fielding</u> Rounders; Bat; Ball; Base; Pitch; Fielding; Bowling; Batting; Run; Strike; Stump; Wicket; Catch; Fielder; Batting order; Run-out; Scoring; Pitcher; Foul; Innings; Team; Field; Base runner; Out; Home base; Tag; Grounder; Line; Stumps; Batsman; Bowler; Umpire; Over; Safety; Hit; Outfield; Infield; Batting stance; Base coach; Turn; Field position	<u>Trampoline</u> Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; officiating; umpiring Components of fitness relevant to trampoline – Balance; Strength; Power; Flexibility; Components of warming up specific to Trampoline – warm up, pulse raiser, static stretching, sports specific re-warm. Intro terminology relating to muscles <u>Striking & Fielding</u> Rounders; Bat; Ball; Base; Pitch; Fielding; Bowling; Batting; Run; Strike; Stump; Wicket; Catch; Fielder; Batting order; Run-out; Scoring; Pitcher; Foul; Innings; Team; Field; Base runner; Out; Home base; Tag; Grounder; Line; Stumps; Batsman; Bowler; Umpire; Over; Safety; Hit; Outfield; Infield; Batting stance; Base coach; Turn; Field position <u>Basketball</u> Attacking – move into space, box out; pivoting; screen; half court press; triple threat. Defending - zonal marking; man marking; rebounds. Rules, strategies and tactics - double dribble; travelling,; fouls; carrying, muscles
Extended writing Opportunities						
Maths Across the Curriculum	Angles, Shape percentages/ratios/averages Scoring (free throws, inside and outside 3-point line) Angles, percentages/ratios/averages/ Time	Angles, Shape percentages/ratios/averages	Angles, Shape percentages/ratios/averages Scoring (free throws, inside and outside 3-point line) Angles, percentages/ratios/averages/ Time	Measuring distances/time splits/WRs collating data & comparing recordings against other bests). Angles, percentages	Angles, Shape percentages/ratios/averages Scoring (Points for a hoop score) Angles, percentages/ratios/averages/ Time	Scoring, Angles, percentages/ratios/averages
Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within personal Training and sports centre management	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within personal training and sports centre management	Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology	Direct students to career pathways in sports journalism, sports photography and advertising
Cultural Capital Extra-Curricular & Trips TT	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship. Join a gym in the community and take advantage of extra-curricular opportunities. Culture Capital trips that impact fitness.	. Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship. Join a gym in the community and take advantage of extra-curricular opportunities. Culture Capital trips that impact fitness.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate knowledge of evaluating fitness and taking steps to improve fitness.	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in performances and routines.	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations