

SCHEME OF LEARNING - YEAR 7 – PE & GAMES

YEAR 7	AUTUMN AND SPRING				SUMMER
	<p>Over the course of study students will cover the following content (not necessarily in the order listed and some lessons may go over into two so that knowledge and understanding can be fully embedded). Some lessons will be delivered in single gender groups whilst others will be mixed</p>				<p>PE - (athletics will run throughout the summer term due to the large number of activities to cover. All other activities will be over 4 week blocks.)</p>
CONTENT	<p><u>Badminton</u></p> <ul style="list-style-type: none"> Students will begin to establish fundamental racket and shuttle handling skills and to understand the skills and movement required to try and maintain a rally. Forehand and backhand serve and the basic rules surrounding service and court markings To develop an understanding of the forehand overhead clear and to be able to play this in a rally. To develop an understanding of a drop shot and to be able to play this in a rally. To have knowledge of attacking and defensive shots in game play. Doubles game play 	<p><u>Gymnastics. Movement and Aesthetics</u></p> <p>Students will develop an understanding of the ABC fundamentals (Agility, Balance and coordination) through gymnastic skills and techniques. Students will explore movement patterns and elements of dance as linking movements and how to choreograph a short routine.</p> <ul style="list-style-type: none"> 1.Methods of travel – choreography of routine using linking moves (fluency/control/levels/cannon/unison/aesthetics). 2. Rolls – forward, backward, pencil, 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To understand the correct hockey stick grip. To be able to dribble with the ball under control in isolation and in small sided games with some possession. To perform basic passing & receiving. To recognise the use of a push pass within a game. To be able to propel the push pass with direction to outwit opponents. To use these skills under pressure in small sided games. To understand the importance of space when attacking to outwit opponents using passing and 	<p><u>Rugby</u></p> <ul style="list-style-type: none"> Ball familiarisation and fundamental rugby ball handling skills. Introduction into passing and receiving 2 v 1. Introduction of conditioned games bringing in some basic rules. To perform small-sided games encouraging ball possession and outwitting of opponents Introduction of contact with some basic drills and conditioned games to support tackling. Introduction of contact in small sided games Basic rules and game play. 	<p><u>Athletics</u></p> <p>Experience a range of different athletic events covering a range of runs, jumps and throws.</p> <ul style="list-style-type: none"> 100m, 200m, 800m, 1500m, Relay Long Jump, High Jump, Triple Jump Discus, Shot Putt, Javelin <p><u>Cricket</u></p> <ul style="list-style-type: none"> Basic ball familiarisation. To demonstrate s variety of Throwing and catching styles. Basic fielding fundamentals and the use of the long barrier in small sided competitive games. Introduction to batting. To perform in small sided competitive games.

	<p><u>Football</u></p> <ul style="list-style-type: none"> • Introduction to basic passing and receiving skills. To transfer these skills into small-sided games, making decisions about how best to advance on opposition. • Introduction to basic dribbling with control and turning. To look at outwitting opponents with the use of these techniques. To be able to perform skills in a small, sided game making decisions about how best to advance on opposition. • Passing and movement of the ball whilst outwitting opponents. • The use and importance of space during attacking play • To understand how to execute a successful shot and how to refine skills if unsuccessful. • To be able to perform basic defensive skills i.e Tackling. To understand when to defend and how to stop opponents from advancing 	<p>circle roll (body tension).</p> <ul style="list-style-type: none"> • 3. Jumps – tuck, star, straddle, pike, full and ½ turns. (safety/control) • 4.Weight on hands-headstand, bunny hops, cartwheel, handstand. (strength) • 5.Balance – pair balances; patch and point. (Body tension, control, balance) • 6.Group balances and choreography of routine (group formation and dynamics) <p><u>Handball</u></p> <ul style="list-style-type: none"> • Fundamental ball handling skills with an introduction to passing and receiving within small sides games • An introduction into passing and receiving on the move – implementing skills into conditioned games. 	<p>receiving. To perform skills in a small sided games making decisions about how best to advance on opposition.</p> <ul style="list-style-type: none"> • To understand basic defensive play and how to block tackle in isolation and small sided games • Basic rules and game play. <p><u>Netball</u></p> <ul style="list-style-type: none"> • To look at the basic passing, ball handling skills, and understand how these skills ca be transferred to a game to outwit opponents. Introduction of footwork in game play • Creation of space and attacking play. Introduction of methods of getting free from an opponent (dodging) • To be able to identify the distinct roles of each playing position and the areas 	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> • Introduction of basic grip and ready position. To develop knowledge of a basic backhand push shot. To play in a competitive rally with basic scoring. • Introduction to a legal table tennis serve. To improve accuracy and consistency of the serve. • Introduction of a forehand push and have knowledge of the correct technique required to perform this correctly • Using a competitive rally to look at ways to outwit opponent which different shot placements. • To understand basic rules to score and umpire a competitive. 	<ul style="list-style-type: none"> • Introduction to the basic stages of bowling. To develop accuracy within small sided games • Introduction to basic game rules trough game play <p><u>Rounders</u></p> <ul style="list-style-type: none"> • Ball familiarisation (throwing and catching). Underarm/overarm throws. Catching in the deep. • Feilding fundamentals – to understand when to use both an overarm/underarm through dependent on the game situation. To use a long barrier effectively in game play. • Introduction to the bowling technique and to understand the rules round legal balls and what penalties are awarded for persistent no balls • Introduction to the batting technique and to understand the importance of ball placement. • To have knowledge of the roles of players on the pitch and what their responsibilities are. <p><u>Tennis</u></p> <ul style="list-style-type: none"> • To be able to hold the racket using the correct
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	<ul style="list-style-type: none"> • Basic rules and game play. 	<ul style="list-style-type: none"> • To develop an understanding of footwork and dribbling within a game. • Introduction of shooting techniques and develop an understanding of when best to shoot. • Attacking play and the use of space to outwit an opponent • Defensive play in small sided conditioned games. • Basic rules and game play. 	<p>permitted. To confidently describe the rules and laws regarding contact. To be able to outwit opponents using learnt defending skills and techniques. To develop the skill of anticipation in a game situation.</p> <ul style="list-style-type: none"> • To develop an understanding and knowledge of where on the court shooting can take place. To replicate the technique for a correct shooting action. • Positional play and the roles of these positions in competitive play. • Basic rules and game play 		<p>grip. To be able to check and correct the grip of a partner if necessary. To be able to contact the ball with the racket in different positions around the body and using different strengths. To understand the principles used to prepare for and recover from a tennis session.</p> <ul style="list-style-type: none"> • To know the importance of the ready position and be able to assume the position, moving back into it between movements. To know the names of lines and areas on court and understand where the ball is allowed to land in singles games for it to be considered 'in'. To be able to move between these areas quickly using the shuffle and cross-step. To know the importance of facing the net while moving around the court. • To be able to perform a basic forehand groundstroke. To know that a groundstroke is a shot that is played after the ball has bounced and is best played with the ball at the top of its bounce. To be able to use a forehand groundstroke to return a
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					<p>ball accurately over the net to a partner in a cooperative rally.</p> <ul style="list-style-type: none">• To be able to perform a very basic though technically correct backhand groundstroke, using correct footwork. To know that the backhand is generally less accurate and powerful than the forehand. To be able to use the backhand and forehand groundstroke to return a ball accurately over the net to a partner in a cooperative rally.• To be able to perform a low, accurate toss of the ball before sending it over the net using a basic underarm serve. To understand that the serve must land in the service box in the opponent's half of the court. To know that the ball is only allowed to bounce once before it can be returned legally, both on a serve and in normal play. To know how and when a point is scored.
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