

**Year 7 Physical Education**

**Year 7 Physical Education Curriculum**

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|  | **Boys Curriculum** | **Female Curriculum:** | **Skill Focus:** |
| **Term 1:** | * Baseline Assessment * Basketball * Rugby Union * X-Country * Football * Table-Tennis | * Baseline Assessment * Netball * Dance * X-Country * Rugby * Basketball | * Range of tactics and strategies to overcome opponents in competitive situations. * Analyse performance and suggest methods of performance. |
| **Term 2:** | * Sports Leadership * Badminton * Orienteering * Handball | * Trampolining * Gymnastics * Orienteering * Handball | * Taking part in outdoor and adventurous activities * Developing a range of leadership skills. |
| **Term 3:** | * Tennis * Athletics * Cricket | * Tennis * Athletics * Rounders | * Refine techniques to improve performance. * Lead healthy and active lives. |

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| **Assessment** | **When?** | **How?** |
| Ongoing Practical Assessment | In the final lesson of each activity block.  Please note, no formal written exam will occur due to the practical nature of the activity. | -Through practical performance against the nominated skill focus for that chosen activity. |

**Year 7 Physical Education Assessment Information**