

Year 7 Physical Education

Year 7 Physical Education Curriculum



	Boys Curriculum	Female Curriculum:	Skill Focus:
Term 1:	<ul style="list-style-type: none"> • Baseline Assessment • Basketball • Rugby Union • X-Country • Football • Table-Tennis 	<ul style="list-style-type: none"> • Baseline Assessment • Netball • Dance • X-Country • Rugby • Basketball 	<ul style="list-style-type: none"> • Range of tactics and strategies to overcome opponents in competitive situations. • Analyse performance and suggest methods of performance.
Term 2:	<ul style="list-style-type: none"> • Sports Leadership • Badminton • Orienteering • Handball 	<ul style="list-style-type: none"> • Trampolining • Gymnastics • Orienteering • Handball 	<ul style="list-style-type: none"> • Taking part in outdoor and adventurous activities • Developing a range of leadership skills.
Term 3:	<ul style="list-style-type: none"> • Tennis • Athletics • Cricket 	<ul style="list-style-type: none"> • Tennis • Athletics • Rounders 	<ul style="list-style-type: none"> • Refine techniques to improve performance. • Lead healthy and active lives.

Year 7 Physical Education Assessment

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

