

Core PE Curriculum: Year 7

All pupils will experience 3 carousals per year, involving 3 sporting activities = 9 sporting activities. Carousel 1 (HT1/2), carousel 2 (HT3/4) and carousel 3 (HT5/6)

Year 7		HT1 + HT2	HT3 + 4	HT5 + 6
Core PE	Topic	Basketball, Fitness and Handball	Trampolining, Dance and badminton	Athletics, Volleyball and Tennis
	Why this and why now?	Handball is ideal to be taught outside during the first months of the year as the weather is not so cold. Doing handball during the coldest months of the year is not be ideal as pupil's hands freeze and this affects pupil outcomes and enjoyment. We also consider Tameside competitions so programmes of study culminate in a Tameside competition where possible. Basketball season for example starts in October meaning we have the chance to prepare for competition.	Football is the best activity to do outside during this term, when the weather is at its worst. Trampolining and badminton work well in the sports hall as the trampolines take only a small section of the teaching space, meaning we are still able to maximise the indoor space and teaching and learning experience is enhanced as a result.	Activities such as tennis and athletics need good weather and are therefore delivered in summer term. There are Tameside competitions for athletics and tennis around this time of the year and delivering such activities during core time prepares pupils for competition.
Core PE	What is the essential knowledge that needs to be remembered?	<p>Basketball – correct technique for dribbling (soft hands, bounce the ball in front of body at waist height). Shooting - layup needs 2 steps, reach high with shooting hand, take off on one foot, aim for target in box. Set shot – strongest hand beneath ball, use power in legs, non-throwing arm to support the ball, finish with straight arm and flick wrist, eyes focused on the hoop throughout. Basic rules including double dribbling, non-contact/intercepting, footwork rules.</p> <p>Fitness – How to safely use the cardio equipment, how to do cardiovascular training including pacing. What intensity levels are That overeating/consuming too many calories will lead to poor health. How to achieve different outcomes with cardio training</p> <p>Handball - How to accurately restart when a goal is conceded. The difference between 'man to man marking' and 'zone marking'.</p>	<p>Trampolining - How to accurately replicate basic shapes and landing skills and movements individually. The correct techniques for shapes and landing skills. Some pupils may start to add twists to their skills All pupils will need to remember at least a 4 bounce routine and know how to evaluate and assess movements to improve sequences.</p> <p>Dance – Remember the 5 dance actions and how to use rhythm & counting music. Basic choreography of how to link actions and create their own choreography using the 5 action words. Remember the key vocab - actions, jump, turn, travel, balance, gesture, choreography, rhythm, counts, beat.</p> <p>Bad minton - How to set the courts up correctly. Provide general feedback on performance. Rules relating to serve. Rules relating to the shuttlecock being in or out of play. How to feed a shuttlecock.</p>	<p>Athletics - How to perform the events safely, following strict instructions from staff. The key technical points to encourage better performance outcomes as well as to keep pupils safe. How to grip throwing equipment correctly. How to appropriately warm up for each events</p> <p>Volleyball – they will need to remember the key technique for digging – use both arms, hands fixed together, arms straight, use legs for greater power, steady swing of arms at shoulder setting and serving. For setting – use fingers and thumbs only, two hands, look through your camera, elbows out to the side, use legs for greater power</p> <p>Tennis - How to set the courts up correctly. Provide general feedback on performance. The importance of good footwork. Rules relating to underarm serve. Rules relating to a ball being in or out of play. How to feed a ball.</p>

		How to lose their marker in a practice and or game situation. The best ways to pass, receive, shoot, block and tackle. Apply the rules in a game situation Lead on the application of the rules in a game situation, discussing good and bad contact.		
	What is the assessment intent and how will you assess?	<p>Pupils are assessed at the start of every activity in Y7 in order to establish a starting point that can be used to set challenging targets for future units of work.</p> <p>In fitness, pupils will be assessed on their physical capacity, whilst using the cardio machines. This will include their ability to maintain a steady pace throughout the work and to do this safely.</p> <p>In Handball, pupils will be assessed on their ability to lose their marker when their team has the ball and their ability to get touch tight to their opponent, when they are not in possession. There will also be a focus on passing, dribbling and shooting ability in a drill (possibly in a small sided game). Physical capacity should also be assessed.</p> <p>In basketball, pupils will be assessed on their passing, shooting, footwork and knowledge of basic rules examined in unit. Ideally, this will be assessed within a small sided games; however, it may be more appropriate to assess within a drill situation for lower ability pupils.</p>	<p>In Trampolining, pupils will be assessed on their ability to perform a 4 bounce routine, using the correct techniques for shapes and landings. A key focus will centre on their safety when on and off the trampoline.</p> <p>In Dance, pupils will be assessed on their ability to create their own choreography, using the 5 dance actions, using rhythm and counting music</p> <p>In Badminton, pupils will be assessed on: the correct grip, and the correct action for serving, forehand, backhand and overhead clear. We will assess their ability to maintain a rally with their partner or teacher.</p>	<p>In Athletics, pupils will be assessed on their ability to throw a discus, shot and javelin, using the correct safety and technical guidelines. Pupils will be assessed on their ability to perform a high, long and triple jump, using the correct safety and technical guidelines.</p> <p>In Volleyball, pupils will be assessed on their ability to dig and set in a small sided game. They will be expected to know that basic rules of volleyball and implement them into their small sided games.</p> <p>In Tennis, pupils will be assessed on the correct grip, ready position, underarm serving action, forehand, backhand action and ability to rally with a partner or teacher.</p>
	How does it cover the NC	<p>Use a range of tactics and strategies to overcome opponents through Handball and Basketball.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best as with Fitness Training</p>	<p>Use a range of tactics and strategies to overcome opponents through badminton.</p> <p>Develop their technique and improve their performance in other competitive sports [for example trampolining and dance</p>	<p>Use a range of tactics and strategies to overcome opponents through in Volleyball and Tennis.</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best as with Athletics</p>