

Y7 Core PE

All pupils will experience 8 activities per year. They will experience each activity for 10 hours apart from OAA where they will experience 6 hours.

Due to ensuring that each activity is given the same amount of time to ensure that knowledge is developed, the activities will sometimes be split over two half terms.

Throughout the year students will focus on 3 concepts which will be developed throughout KS3 and KS4. Students will use declarative and procedural knowledge to build develop their skills within the specific concept, not just in a specific sport. Outwitting opponents, Performance and Health Related Exercise. These concepts will continue to develop through KS3 and into KS4. During KS3 students will develop knowledge of why and how to perform skills and activities related to each of the three topics.

Year 7		Half term 1,2,3	Half Term 4,5,6
Core PE	Topic	Outwitting Opponents, Performance, HRE.	Outwitting Opponents, Performance, HRE.
	Why this and why now?	<p>Students will explore the fundamentals of outwitting opponents through football which they will have experience of from primary school. Through the activity of football, they will explore how to use strategy as well as the basic skills and techniques required to outwit opponents. The skills and techniques developed will be utilised and practiced when taking part in badminton in the future.</p>	<p>Students will further explore the fundamentals of outwitting opponents through badminton where they will need to apply what they have learned through their unit of football to a different situation. Through the activity of badminton, they will explore how to use strategy as well as the basic skills and techniques required to outwit opponents. The skills and techniques developed will be utilised and practiced when taking part in basketball in the future.</p>
		<p>Students will develop their fundamental movement skills further through Gymnastics. Considering the effects of Covid 19, it has become increasingly important to ensure students have the self-awareness and ability to control their bodies movement. Students will build on prior knowledge from Primary school as well as prepare themselves for Dance, Athletics and Trampolining.</p>	<p>Students will continue to develop their fundamental movement skills through Dance. Building on the control and strength they developed through gymnastics; they will now apply these to Dance. Student's will understand the importance of creating an aesthetically pleasing routine and how to do this effectively which they will be able to transfer to this new activity. Students will build on prior knowledge from Primary school as well as prepare themselves for Athletics and Trampolining.</p>
		<p>Ensuring that pupils develop independence and confidence to perform exercise both in school and outside of school is crucial. This unit of HRE explores the importance of warm ups, the different elements involved as well as how to plan and lead a warm up to a group of peers. This knowledge will be utilised and practiced every time they perform exercise at school.</p>	<p>Developing love and enjoyment for physical activity is a crucial part of the curriculum, therefore, after gaining the knowledge of how to warm up and be safe when exercising, developing the knowledge of how to exercise effectively and gain autonomy of this is important. This will be done through circuit training where students will explore different methods and create their own routine.</p>
	<p>During the first half of the year students will explore another aspect of HRE through Outdoor Adventurous activities. Students will develop teamwork, communication, problem solving skills and</p>	<p>As part of our performance concept, students will also explore how to complete athletics events safely and effectively. They will be building on the fundamental movement and accurate replication of skills which they will then apply to the</p>	

	<p>resilience which will be crucial for students in all aspects of their academic life.</p>	<p>new activity of athletics. Students will have some experience of this from primary school and developed some skills from gymnastics and dance.</p>
<p>What is the essential knowledge that needs to be remembered?</p>	<p>Outwitting Opponents (Football) – Procedural and declarative knowledge for the following basic skills:</p> <ul style="list-style-type: none"> - Passing - Dribbling - Shooting - Tackling <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Restarts - Throw-ins - Fouls - Hand-ball <p>HRE (Warm-up) – Identify and demonstrate the different stages of a warm-up and the order they should occur:</p> <ul style="list-style-type: none"> - Pulse Raiser - Static stretching - Dynamic Stretch - Sports Specific <p>Describe the importance of warm-ups</p> <ul style="list-style-type: none"> - Prevent injury - Increase blood flow to working muscles - Mentally preparatory <p>Performance (Gymnastics) – Procedural and declarative knowledge of how to perform the following movements with control and safety whilst maximising performance.</p> <ul style="list-style-type: none"> - Basic shapes of Tuck, Straddle, Pike - Various Rolls (Forward, Backward, Teddy bear, Pencil e.t.c) - Individual-Balances - Partner-Balances - Counter–Balances <p>HRE (OAA) Be able to describe and apply effective methods to work in a team to solve problems quickly and efficiently.</p> <ul style="list-style-type: none"> - Communication - Teamwork - Problem Solving - Critical Thinking 	<p>Outwitting Opponents (Badminton) - Procedural and declarative knowledge for the following basic skills:</p> <ul style="list-style-type: none"> - Flick Serve - High Serve - Overhead Clear - Underarm Clear - Dropshot <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Serving Rules - Court lines - Points system <p>HRE – (Circuit Training) - Be able to describe what circuit training is and what it can look like including what type of sportsperson may use circuit training. Be able to create a circuit for themselves to complete including a variety of exercises.</p> <p>Performance (Dance) – Procedural and declarative knowledge of how to perform the following movements with control and safety whilst maximising performance.</p> <ul style="list-style-type: none"> - Travel - Turn - Jump - Gesture - Stillness <p>Around the theme of sporting success or failure.</p> <p>Performance (Athletics) Procedural and declarative knowledge of how to perform the following movements with control and safety whilst maximising performance.</p> <ul style="list-style-type: none"> - Jumps – High, Long, Triple - Throwing – Javelin, Shot, Discus - Running – 100m, 400m, Pacing

<p>What is the assessment intent and how will you assess?</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>
<p>What should the end points look like</p>	<p>Students will be able to demonstrate and describe how to effectively outwit opponents using basic skills and techniques in football.</p> <ul style="list-style-type: none"> - Passing - Dribbling - Shooting - Tackling <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Restarts - Throw-ins - Fouls - Hand-ball <p>Students will be able to demonstrate and describe how to lead an effective warm up and the importance of doing so.</p> <ul style="list-style-type: none"> - Pulse Raiser - Static stretching - Dynamic Stretch - Sports Specific <p>Describe the importance of warm-ups</p> <ul style="list-style-type: none"> - Prevent injury - Increase blood flow to working muscles - Mentally preparatory <p>Students will be able to demonstrate and describe how to perform an effective gymnastics routine using different skills and techniques.</p> <ul style="list-style-type: none"> - Basic shapes of Tuck, Straddle, Pike - Various Rolls (Forward, Backward, Teddy bear, Pencil e.t.c) - Individual-Balances - Partner-Balances - Counter-Balances 	<p>Students will be able to demonstrate and describe how to effectively outwit opponents using basic skills and techniques in badminton.</p> <ul style="list-style-type: none"> - Flick Serve - High Serve - Overhead Clear - Underarm Clear - Dropshot <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Serving Rules - Court lines - Points system <p>Students will be able to demonstrate and describe how to create a circuit and the benefits of doing so.</p> <ul style="list-style-type: none"> - Student can demonstrate an appropriate level of fitness - Student uses appropriate exercises and offers justification <ul style="list-style-type: none"> - <i>What is circuit training?</i> - <i>What exercises would be appropriate?</i> - <i>Design an appropriate circuit that includes a range of exercise for all body parts</i> - <i>What athletes would use circuit training, and can you explain why?</i> <p>Students will be able to demonstrate and describe how to perform an effective dance routine using different skills and techniques.</p> <ul style="list-style-type: none"> - Fluency - Travel - Turn - Jump - Gesture - Stillness <p>Students will be able to demonstrate and describe how to perform an effective athletics skills and techniques.</p> <ul style="list-style-type: none"> - Jumps – High, Long, Triple

		<p>Students will be able to demonstrate and describe how to effectively use teamwork to work towards a common goal.</p> <ul style="list-style-type: none"> - Communication - Teamwork - Problem Solving - Critical Thinking 	<ul style="list-style-type: none"> - Throwing – Javelin, Shot, Discus - Running – 100m, 400m, Pacing
	<p>How does it cover the NC</p>	<ul style="list-style-type: none"> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games - develop their technique and improve their performance in other competitive sports - take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games - develop their technique and improve their performance in other competitive sports - perform dances using advanced dance techniques within a range of dance styles and forms - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best