**Y7 PE Curriculum Progression Map**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Dates** | 4th September – 20th October | 30th October – 15th December | 2nd January – 9th February | 19th February – 23rd March | 9th April – 25th May | 4th June – 24th July |
| **Weeks** | 7 Weeks | 7 Weeks | 6 Weeks | 5 Weeks | 5 Weeks | 7 weeks |
| **Lessons** | 7 Lessons | 7 Lessons | 6 Lessons | 5 Lessons | 5 Lessons | 7 Lessons |
| **Inset** | 2nd, 3rd, 20th September | 2nd December | - | - | - | 23rd July, 24th July |
| **Unit Title** | Baseline testing | Football (Depending on group) | Netball (Depending on group) | Basketball (Depending on group) |  Athletics (Depending on group) | Rounders (Depending on group) |
| **Sequence** | * 6 basic fitness tests to be completed in each lesson. Results to be recorded in the ABCD booklets.
* 6 min endurance Run
* 30 metre sprint
* Sit up (muscular endurance) test
* Balance test
* Agility
* Standing long jump
 | * Key skills include passing using different parts of the foot, both stationary and moving, control (first touch), dribbling, turning, finishing,
 | Key skills to include:Passing & foot work ruleCreating space/outwitting opponentsAttacking play/dodgingShootingDefending/positional awareness | Key skills to include:passing and receiving, pivoting, stopping, dribbling, shooting (Set shot) and rebounding, creating space and markingGames to include benchball, possession games, half-court games and 3 V 3 | Shot putt and javelin or discus,High jump - Scissors and FosburyLong jumpTriple jumpRelayHurdlesMiddle distance runningSprintingHow to measure jumps and throwsHow to time a sprint race Rules of the events | Basic underarm throwing and catchingHow to absorb the impactBowling technique - rules regarding no ballsOverarm throw high or flat and fastBatting – stance, back lift, contact and follow throughFielding – catching the low catch, intercepting and fielding the rolling ballGames include bucketball, |
| **Rationale** | Pupils are baselined upon entry into year 7 and the testing allows teachers to gain an understanding of the student’s ability coming in at KS3.The tests are repeated at the same time in year 8 and then year 9, results are recorded every year in the same booklet. This allows students and teachers to see any progression made but also any regressions. Students are introduced the terminology associated with each of the tests to start to build their vocab.  | To learn and develop the key skills for footballPass the ball on the ground with consistency when stationaryDevelop a good 1st touch by cushioning the ballTo show awareness of teammatesUnderstand the principles support, how to create and use space, markingGames to include small possession games with/without defensive pressure, target games, uneven number games, small sided invasion games (up to 5 V 5) | To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball.To demonstrate the ability to evaluate performances and suggest ways to improve.Further development - Inter house/form netball comp. | In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. | Accurate replication of running, jumping and throwing skills and learn specific techniques for events in order to improve performances.They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances. | In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately score games.  |
| **Key Building Blocks** | Knowledge of:FitnessHealthLeading a Healthy, Active Lifestyle | Knowledge of:FitnessHealthLeading a Healthy, Active LifestyleRules | Knowledge of:Shooting challengesWarming-up / cooling down theoryBone of the week / muscle of the week | Knowledge of:The basic principles of attack and defence.Small teams to plan how to playTaken different roles in some games, including attacker and defenderUsed and kept rules and conventions for games | Knowledge of:Experienced running, jumping and throwing in an athletic form.Demonstrated basic technique | Knowledge of:Developed an understanding of field placement.Where to hit the ball to increase chances of scoringExperienced a range of batting, bowling and fielding techniques. |
| **Retrieval Practices** | Whiteboard activitiesQ and A sessionPractical performanceDemonstration  | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration |
| **Key Skills** |  Listening

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| Practical application Preparing safely Cooperation  |

 | Preparing safelyCooperation and communicationTeamworkTactics | Preparing safelyCooperation and communicationTeamworkTactics | Preparing safelyCooperation and communicationTeamworkTactics | PacingTimingConsistencySafetyMental determination | Preparing safelyCooperation and communicationTeamworkTactics |
| **Key terms** | Muscular EnduranceAgilityMuscular StrengthPowerHealthy Lifestyle Choices | Preparing safelyCooperationTeamworkTacticsRulesOffsidePeer coaching | Preparing safelyCooperationTeamworkTacticsRulesPeer coaching | Tactics, eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through.Preparation, eg warming up, cooling down.Assessment, eg collecting and analysing dataSpeaking and listening – through the activities pupils could:• collaborate with others to share information and ideas, and solve problems | Running, eg stride length and cadence, leg and arm action, head position, pacingThrowing, eg grip, stance, release and follow-through, angle of releaseJumping, eg approach run, acceleration, maintaining momentum, take off and lift, arm action | Tactics and techniques, eg stance, body position, follow-through, mechanics of movement, no ball, batting order, bowling techniques, field placements, coaching, officiating/umpiring, anticipation |
| **Numeracy** | Measuring, timing, angles | Pitch measurements and markings, angles.  | Scoring, timing.  | Scoring, timings.  | Angles, measurements, timings.  | Scoring systems, pitch angles.  |
| **Formative Assessment** | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback |
| **Summative Assessment** | Fitness test results | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets |
| **SMSC, British Values & Cultural Capital** | Links with the Olympics, discussion of Athletic events and various Athletes from around the world who excel.  | Football teams and players from around the world.  | Citizenship – sportsmanship and learning to be tolerant of others.  | Citizenship – sportsmanship and learning to be tolerant of others. | Citizenship – sportsmanship and learning to be tolerant of others. Links with the Olympics, world Championships, Diamond League events.  | Citizenship – sportsmanship and learning to be tolerant of others. |
| **Linking curriculum to careers** | Linking to fitness instructor careers and PT trainers who complete fitness tests as part of their job.  | Links to jobs and careers within the Football industry. Coaching, managers etc.  | Links to jobs and careers within the health, fitness and sports industry.  | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. |