



PE Department Y7 Curriculum and Assessment Map (girls)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Netball/Rugby	Football/Badminton	Gymnastics/Volleyball	Hockey/Basketball	Athletics	Rounders/Tennis
Fundamental Knowledge	Netball: -Recap on knowledge from Y6 (passing, shooting, catching, basic rules) -Know the different types of passes (chest, bounce, over-head, shoulder) -Know the correct shooting technique.	Football: -Recap on knowledge from Y6 (short-range passing, ball control, dribbling, shooting, tackling, basic tactics, basic rules) -Know how to change direction with the ball. -Know the correct shooting technique. -Know different ways of beating a defender Badminton: -Recap on Knowledge	Gymnastics -Recap on knowledge from Y6 (forward rolls, balances, turns) -Know what is included in a warm up -Know the safety rules for gymnastics -Know individual and partner balances using a range of body parts and shapes -Know what rotation is and how to do basic rotation skills (180 jump, forward roll, teddy bear roll)	Hockey: -Know the correct grip. -Know how to dribble. -know how to do a push pass. -Know how to tackle. -Know how to control the ball. -Know basic rules (feet, back of	Athletics: -Recap on fundamental knowledge from Y6 (sprinting, pacing, throwing, jumping, and timing). -Know the correct leg and arm technique for sprinting and distance running. -Understanding standing start technique	Rounders: -Recap on knowledge from year 6 (throwing, bowling, hitting, catching, basic tactics and rules). -know how to grip the bat correctly. -Know how to run someone out. -Know how to do an overarm throw.

	<ul style="list-style-type: none"> -Know how to pivot and the footwork rule. -Know how to defend <p>Rugby:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y6 (passing, moving with the ball, basic rules and tactics, support play). -Know the correct passing technique. -Know and execute the correct tackling technique safely. -Knows how to present the ball after being tackled. 	<p>from Y6 (grip, basic serving, setting up the nets, rally, basic rules)</p> <ul style="list-style-type: none"> -Know how to safely set up and put away the net and posts. -Know the correct grip. -Know the difference between forehand and backhand shots. -Know how to play half court singles. 	<ul style="list-style-type: none"> -Know how to perform as a group of individuals <p>Volleyball</p> <ul style="list-style-type: none"> -Know what volleyball is. -Know the concept of volleyball and the aim of the sport -Know the basic dig technique -Know the basic underarm serve 	<p>the stick, high stick).</p> <p>Basketball:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y6 (passing, dribbling, shooting, basic rules, catching) -Know the different types of passes (chest, bounce, over-head, javelin) -Know the correct shooting technique. -Know how to pivot. -Know how to signal for the ball. 	<ul style="list-style-type: none"> -Know the correct grip and technique for shot, discus and javelin. -Knows the basic technique for long jump and triple jump. 	<ul style="list-style-type: none"> -Know how to bowl correctly. <p>Tennis:</p> <ul style="list-style-type: none"> -Know the correct grip. - Know how to do a cooperative rally. - Know the ready position. - Know the difference between forehand and backhand. - Know the basic rules and tactics.
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Learning Checkpoint Tasks	Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback	
Interleaved Knowledge	<ul style="list-style-type: none"> -Fundamental movement skills. -rugby/endball knowledge from primary PE. Rugby vocabulary from primary PE such as passing and tackling. -Know basic rules and regulations (officiating). 	<ul style="list-style-type: none"> -Fundamental movement skills. -Net and racket knowledge from primary PE. -Football vocabulary from primary PE such as passing and shooting. -Know basic rules and regulations (officiating). 	<ul style="list-style-type: none"> -Fundamental movement skills. -Basic gymnastic knowledge from primary school (rotation and balance) 	<ul style="list-style-type: none"> - Fundamental movement skills. -Uni-hoc knowledge from primary PE. -Basketball knowledge from primary school. 	<ul style="list-style-type: none"> -Fundamental movement skills from other sports; running, jumping. -Athletics knowledge from primary PE. 	<ul style="list-style-type: none"> -Fundamental movement skills. -Striking and fielding knowledge from primary PE.