



## PE Department Y7 Curriculum and Assessment Map (boys)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Football/Basketball	Badminton/Rugby	Table tennis/Fitness	Hockey/Leadership	Athletics	Rounders/Tennis
<b>Fundamental Knowledge</b>	<b>Football:</b> -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.	<b>Badminton:</b> -Recap on Knowledge from Y6 (grip, basic serving, setting up the nets, rally, basic rules) -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.	<b>Fitness:</b> - Recap on Knowledge from Y6 (basic stretches, effects of exercise, the importance of active lifestyles) -Know the importance of a warm-up and warm-down. -Know the importance of living an active and healthy lifestyle. -Know short term effects of exercise. - Know how to use the fitness equipment safely.	<b>Hockey:</b> -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 the stick, high stick).	<b>Athletics:</b> -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 -Know the correct grip and technique	<b>Rounders:</b> -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. -Know how to bowl correctly.

	<b>Basketball:</b>  -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.	<b>Rugby:</b>  -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.	-The key muscles (hamstrings, quadriceps, gastrocnemius, biceps and triceps).  <b>Table Tennis:</b>  -How to safely put up and take down a table tennis table.  -Know the correct grip.  -How to correctly feed the ball to partner.  -Know how to perform a backhand push.  -Know how to serve.	<b>Leadership:</b>  -Recap on knowledge from Y6 (warm-up's, leadership skills).  -Know the different parts of a warm-up and warm down.  -Know the importance of a warm-up and warm down.  -Know how to lead a warm-up/warm down to a small group of students.  -Know the different leadership roles in sport.  -Know the personal qualities which are associated with effective leadership.  -Know how to lead a basic skill practice to a small group.	for shot, discus and javelin.  -Knows the basic technique for long jump and triple jump.	<b>Tennis:</b>  -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.
<b>Learning Checkpoint Tasks</b>	Basic skills tests, peer and self-assessment, teacher feedback		Skills tests, peer and self-assessment, teacher feedback	Leading a warm-up and warm-down and leading a basic skill practice to a small group.	Basic skills tests, peer and self-assessment, teacher feedback	
<b>Interleaved Knowledge</b>	-Fundamental movement skills.  -Basketball/endball knowledge from primary PE.	-Fundamental movement skills.  -Net and racket knowledge from primary PE.	-Fundamental movement skills.  -Health-related fitness knowledge from primary PE.  -Transfer knowledge of key terms from badminton to table	- Fundamental movement skills.  -Uni-hoc knowledge from primary PE.	-Fundamental movement skills from other sports; running, jumping.  -Athletics knowledge from primary PE.	-Fundamental movement skills.  -Striking and fielding knowledge from primary PE.

	-Know basic rules and regulations (officiating).	-Rugby vocabulary from primary PE such as passing and tackling.	tennis; forehand, backhand, serving.			
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