



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	Football/Basketball	Badminton/ Dance	Volleyball/Fitness	Athletics	Cricket/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 Basketball: -Recap on knowledge	Badminton: -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.	Volleyball -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 Fitness: 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	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	Cricket: -Recap on knowledge from year 6 (throwing, bowling, catching, basic tactics and rules). -know how to grip the bat correctly. -Know how to underarm bowl. -Know the basic rules, tactics and strategies. Tennis: -Know the correct grip.

	-Know how to pivot and the footwork rule. -Know how to defend	- 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.	Dance: -Re-cap on knowledge from year 6 -Know how to create a warm-up. -Know how to lead a warm-up. -Experience a variety of dances from different cultures.	- active and healthy lifestyle. -Know short term effects of exercise. - Know how to use the fitness equipment safely. -The key muscles (hamstrings, quadriceps, gastrocnemius, biceps and triceps).	-Know the correct grip and technique for shot, discus and javelin. -Knows the basic technique for long jump and triple jump.	- Know how to do a cooperative rally. - Know the ready position. - Know the difference between forehand and backhand. - Know the basic rules and tactics.
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	-Fundamental movement skills. -endball knowledge from primary PE. - netball/endball vocabulary from primary PE such as passing technique -Know basic rules and	-Fundamental movement skills. -Football vocabulary from primary PE such as passing and shooting. - Basketball knowledge from primary school. -Know basic rules and	-Fundamental movement skills. -Basic dance knowledge from primary school -Net and racket knowledge from primary PE.	- Fundamental movement skills. --fitness knowledge from primary school.	-Fundamental movement skills from other sports; running, jumping. -Athletics knowledge from primary PE.	-Fundamental movement skills. -Striking and fielding knowledge from primary PE.

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