

KS3 PE CURRICULUM MAP YEAR 7

Intent:

At Arena, we believe that Physical Education plays an important part in their lives when it comes to their health and well-being. We also believe it is a vital and important part of a student's education. It gives the students the opportunity to learn new skills.

We try to encourage our students to step out of their comfort zone and try new/different sports that aren't so traditional in a school setting. For example, Handball and Netball.

We offer a curriculum in varied sports because it covers a range of skills and techniques from as basic as passing to as technical as strategic planning, game play, subject knowledge and of course a brand-new outlook and a developing passion for the sport(s).

By exploring different sports with the students, this allows them to tap into their voices and learn new or develop their (self) leadership, organisation, communication and creativity skill set.

Sequencing:

We have ensured that the core motor, communication and team-work skills are embedded throughout the year and the 5 years at OAA, as these 4 skills are equally critical when learning and practising a sport. We interleave topics throughout the year and there is a repeated focus on correct skill techniques, building from Year 7, all the way through to Year 11 in order that students are comfortable competing at different levels. There is a clear sequencing of topics taught throughout the years, with the skills and game-based situations becoming more and more complex as the years unfold.

Assessments:

At the end of every half term there is a formal assessment comprising of 2 skills. The first skill will involve competitive and progressive skill-based-drills and students will be formatively assessed. The second skill will involve competitive games against similar range ability and the students will have a summative assessment.

<u>Term</u>	<u>Content</u>	<u>Skills students need to master:</u>	<u>Framed task</u>
Autumn 1	<u>Netball</u> Passing Receiving Landing	Passing – use a variation of passes (chest and bounce), one/two handed passing (TIMING). Receiving – students' hands are open (W shape) ready to receive a pass with their feet shoulder width apart. Landing - Students will land with both feet at the same time and pick one foot they want to step forward with to pass the ball on (EYE CONTACT, BALANCE AND ACCURACY).	Students will be assessed using formative and summative assessment: Formative: Using AFL, students will develop their understanding in lessons and during different skill-based activities. Summative: Students will complete a series of different skill-based competitive situations and be assessed against a success-criteria. Students will have the ability to adapt their play and technical ability after each lesson to ensure that they effectively implement corrections each lesson.

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<p>Autumn 2</p>	<p><u>Football</u></p> <p>Passing/Control</p> <p>Dribbling</p> <p>Shooting</p> <p>Decision making</p>	<p>Passing and controlling the ball – Using two parts of the foot, inside and outside (POWER, CO-ORDINATION)</p> <p>Dribbling with the ball using different parts of the foot – inside and outside of the foot (CO-ORDINATION)</p> <p>How to shoot the ball and fundamental aiming of the shot using different parts of the foot, laces or top of the foot (CO-ORDINATION)</p> <p>Understanding the importance of decision making, when to pass and when to shoot.</p>	<p>Students will be assessed using formative and summative assessment:</p> <p>Formative: Using AFL, students will develop their understanding in lessons and during different skill-based activities.</p> <p>Summative: Students will complete a series of different skill-based competitive situations and be assessed against a success-criteria. Students will have the ability to adapt their play and technical ability after each lesson to ensure that they effectively implement corrections each lesson.</p>
<p>Spring 1</p>	<p><u>Volleyball</u></p> <p>Serving (Underarm)</p> <p>Passing (Forearm Underhand)</p> <p>Passing (Overhand, Overhead or Setting)</p>	<p>Highlighting court markings, and basic rules and regulations of Volleyball. Focus on mini games with volleyball interaction. Many touches of the ball, usually play on badminton courts with large number of players.</p> <p>Focus on correct technique and strive for success. Contact through the centre of ball. Follow through (6 o'clock to 12). (TIMING, POWER, CO-ORDINATION)</p> <p>Accurate and consistent passing. Highlight the importance that the ball is contacted on the forearms. (TIMING, CO-ORDINATION)</p>	<p>Students will be assessed using formative and summative assessment:</p> <p>Formative: Using AFL, students will develop their understanding in lessons and during different skill-based activities.</p> <p>Summative: Students will complete a series of different skill-based competitive situations and be assessed against a success-criteria. Students will have the ability to adapt their play and technical ability after each lesson to ensure that they effectively implement corrections each lesson.</p>
<p>Spring 2</p>	<p><u>Hockey</u></p> <p>Dribbling/moving</p> <p>Passing / receiving</p> <p>Shooting</p>	<p>Stick familiarisation</p> <p>Dribbling with the ball – open and reverse stick, change of pace on and off the ball (SPEED) and sudden changing of direction (AGILITY)</p> <p>Push, hit and slap passing over short-long range (POWER, CO-ORDINATION)</p> <p>How to shoot the ball and fundamental aiming of the shot (CO-ORDINATION)</p>	<p>Students will be assessed using formative and summative assessment:</p> <p>Formative: Using AFL, students will develop their understanding in lessons and during different skill-based activities.</p> <p>Summative: Students will complete a series of different skill-based competitive situations and be assessed against a success-criteria. Students will have the ability to adapt</p>

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	<p>Marking/intercepting</p> <p>tackling</p>	<p>Open and reverse stick receiving when stationary or on the move (BALANCE, REACTION TIME)</p> <p>Open and reverse stick tackles, jab tackle (REACTION TIME, BALANCE)</p>	<p>their play and technical ability after each lesson to ensure that they effectively implement corrections each lesson.</p>
<p>Summer 1</p>	<p>Athletics</p> <p>Intro to events and familiarisation of the rules and different stages of the events</p> <p>Track</p> <p>Throws</p> <p>Jumps</p>	<p>Students will perform the core skills/techniques in increasingly demanding and progressive drills.</p> <p>Track: Starts/finishes in different events (SPEED)</p> <p>Throws: fundamental grip, stance & build up to throw (BALANCE, COORDINATION) Movement into throwing action; release, follow-through (POWER, BALANCE, COORDINATION) and recovery (BALANCE)</p> <p>Jumps: Run-up (SPEED); take-off (POWER) & shape in the air (CO-ORDINATION) Flight (FLEXIBILITY) & landing positioning (CO-ORDINATION, REACTION TIME) and exit from the jump</p>	<p>Students should be assessed in two separate athletic events.</p> <p>Students should perform the core skills/techniques in increasingly demanding and progressive drills whilst adding competition</p>
<p>Summer 2</p>	<p>Rounders</p> <p>Batting</p> <p>Bowling</p> <p>Fielding</p>	<p>Batting –Forehand (HAND – EYE COORDINATION), Ready position - feet shoulder width apart, standing sideways on.</p> <p>Bowling – slow to medium pace (SPEED), aiming to throw between shoulder and hip (EYE CONTACT AND ACCURACY).</p> <p>Catching in the field - from close and from a distance (SPACIAL AWARENESS AND COMMUNICATION) or catching as back-stop (READY POSITION, CONCENTRATION AND EYE-CONTACT).</p>	<p>Students will be assessed using formative and summative assessment:</p> <p>Formative: Using AFL, students will develop their understanding in lessons and during different skill-based activities.</p> <p>Summative: Students will complete a series of different skill-based competitive situations and be assessed against a success-criteria. Students will have the ability to adapt their play and technical ability after each lesson to ensure that they effectively implement corrections each lesson.</p>

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		To use both underarm & over arm throws depending on game situations.	
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