





Year 7 Physical Education Curriculum Rationale

Students will cover a range of activities looking at developing the 8 key areas covered during the year. These are further grouped into Head / Heart / Hands. Students will develop their tactical understanding, knowledge, ability to analyse, skills, their leadership. In addition, students will develop the ability to be determined and resilient. Underpinning all of this development will be knowledge and understanding of the positive impact of a healthy and active lifestyle.

Activities:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
<p>Winter Term: Football Netball Rugby Hockey Health & Fitness</p> <p>Summer Term: Athletics Rounders Cricket Tennis Summer Ball Games</p> <p>Throughout: OAA Basketball Badminton Kinball Gymnastics Dance Dodgeball Interhouse Competitions</p>	Tactics	All core assessment aspects are intertwined with HPL focuses.	Students would be assessed on their ability to meet the expected standards for the year of study, during a range of activities. See SOW's for each sport.	Use of key terms in relation to different activities.	Meta Thinking 	Extra-Curricular Clubs and club links. Fixtures PE @ Home Trips
	Knowledge and Understanding.				Meta Thinking 	
	Analysis	Students work on building upon prior knowledge of skills and learning and transferring these across the content being delivered.		Key terms associated with GCSE PE.	Analysing 	
	Skills				Realising / Linking 	
	Leadership			Formative assessment throughout all lessons.	Links to diet, healthy lifestyles and the impact of certain foods/activity types.	
	Determination and Resilience	Activities are sequenced against the South Northants fixture calendar and the seasonal calendar. This provides sporting teams and more enjoyable experiences of activities.		Teacher observation and planned assessment lesson opportunities designed in Lesson plan structure.	Links to potential careers available in the sports industry.	
Health and Fitness			Discussion around body confidence and other aspects of mental health / self-awareness / confidence.	Empathy / Agile / Hardworking 