

CURRICULUM MAP:
GIRLS PE
YEAR 7



ST JAMES'
CATHOLIC HIGH SCHOOL

							HT6: Athletics Field / Rounders	EOY Assessment Point
							Overarching unit intent:	HT1 – HT6
	HT2: Hockey / Netball	Assessment Point: Summative or AFL	HT3: Dance /Badminton/ Football	HT4: Rugby/ Gymnastics	Assessment Point: Summative or AFL	HT5: Athletics Track / Rounders	Overarching unit intent:	Key Disciplinary Knowledge
HT1: Netball/ Badminton	Overarching unit intent:	HT1 & HT2	Overarching unit intent:	Overarching unit intent:	HT3 and HT4 (with elements of HT1 and HT2)	Overarching unit intent:	Acquisition of new skills and techniques. Measure and improve power and distance. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best.	Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness. Speed, power.
Overarching unit intent:	Acquisition of new skills and techniques.	Individuals are assessed based on their ability and group accordingly in netball and after the hockey unit.	Acquisition of new skills and techniques. Analyse performance compared to others and demonstrate improvement.	Acquisition of new skills and techniques.	Individuals are assessed in gymnastics on their creativity, technique and ability to link the movements together into a sequence.	Acquisition of new skills and techniques. Measure and improve speed and cardiovascular fitness. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Recapping core skills learnt in previous units.
Acquisition of new skills and techniques.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Badminton is taught in mixed ability.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Key disciplinary knowledge	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Embed physical development and skills learnt,
Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Hockey: Correct grip of the hockey stick, basic dribbling, push pass technique, receiving a pass, introduction to reverse stick work, conditioned games, and small sided games. Engage in competitive games and sport.	Basic motor skills, hand-eye, coordination, cardiovascular fitness.	Dance: To perform the main dance actions, develop a motif, space, relationships, dynamics, perform in front of peers	Rugby	Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness.	Athletics Field: Shot putt, discus, javelin, long jump, triple jump. Engage in competitive games and sport.	Athletics Track: 60m, 100m, 150m, 200m, 300m, 600m, 800m and relay.	Understand what makes a performance effective, Self / peer assessment in order for them to achieve a personal best.
Baseline assessment of netball, badminton and cardiovascular fitness ability.	Netball: Basic passing techniques, footwork, possession based drills, movement into space, conditioned games and small side games	Key Concepts	Badminton: Review HT1:	Basic passing and receiving drills, ball familiarisation, passing and receiving on the move, introduce the concept of running forwards, passing backwards, conditioned games and small sided games.	Recapping core skills learnt in previous units.	Engage in competitive games and sport.	Rounders: Grip of bat, basic stance, underarm bowling technique, batting strokes, fielding catching and throwing,	Develop confidence and interest in sports and activities for out of school.
		Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment,		Gymnastics, Introduction to the basic shapes forming the basis of all gymnastics moves, develop balance movements utilising a	Key Concepts	HT 2 re-visit	Re-visit core skills and techniques to enhance ability to perform in competitive game situations. Engage in competitive games and sport.	Engage in competitive games and sport.
					Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment,	Rounders:		



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<p>focusing on passing, movement and footwork. Engage in competitive games and sport.</p> <p>Badminton: Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, drop shot, conditioned games, half court games. Engage in competitive games and sport.</p> <p>Cardiovascular fitness test: 6 min run.</p>	<p>Development of the basic passes, passing to a partner on the move, retaining possession of the ball, playing under pressure in more small sided game situations. Engage in competitive games and sport.</p>	<p>Develop confidence and interest in sports and activities for out of school. Engage in competitive games and sport.</p>	<p>Develop tactics within the game. Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, drop shot, conditioned games, half court games. Engage in competitive games and sport.</p> <p>Football:</p> <p>Basic passing techniques, ball control, possession based drills, conditioned games and small side games focusing on passing, movement and control. Engage in competitive games and sport.</p>	<p>variety of body parts, develop core strength in order to achieve balance positions, Encourage creativity in travel movements, link movements together to create a sequence, develop the quality of the movement, and introduce aesthetics of a good performance.</p>	<p>Develop confidence and interest in sports and activities for out of school. Engage in competitive games and sport.</p>	<p>overarm and underarm. Conditioned games with differentiated bats and balls. Engage in competitive games and sport.</p>		
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