

CURRICULUM MAP:  
BOYS PE  
YEAR 7



**ST JAMES'**  
CATHOLIC HIGH SCHOOL

							EOY Assessment Point
							HT6: Cricket
						HT5: Athletics Track and Field	<p>Overarching unit intent:</p> <p>Cricket: Grip of bat, basic stance, overarm bowling technique, batting strokes, fielding catching and throwing.</p> <p>Cricket: Re-visit core skills and techniques to enhance ability to perform in competitive conditioned game situations.</p>
			HT3: Badminton / Table tennis	HT4: Badminton / Table tennis / Basketball	Assessment Point: Summative or AFL	<p>Overarching unit intent:</p> <p>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.</p> <p>Embed the physical development skills learned in KS1 &amp; KS2 so that pupils become more competent and confident in their techniques.</p> <p>Athletics Track: 60m, 100m, 150m, 200m, 300m, 600m, 800m and relay.</p>	
HT1: Baseline and Football	HT2: Rugby	Assessment Point: Summative or AFL	Overarching unit intent:	Overarching unit intent:	HT3 and HT4 (with elements of HT1 and HT2)	Key disciplinary knowledge	<p>Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness.</p> <p>Recapping core skills learnt in previous units.</p> <p><u>Key Concepts</u></p> <p>Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment, Develop confidence and interest in sports and activities for out of school.</p> <p><b>Engage in competitive games and sport.</b></p>
<p><u>Overarching unit intent:</u></p> <p>Baseline assessment of fitness including speed, cardiovascular fitness and throwing ability</p> <p>Acquisition of new skills and techniques.</p> <p>Embed the physical development skills learned in KS1 &amp; KS2 so that pupils become more competent and confident in their techniques.</p> <p><b>Football:</b> 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><b>Fitness:</b> Test and record performance in 60m sprint, 300m, 6 minute run and throwing ability</p>	<p><u>Overarching unit intent:</u></p> <p>Acquisition of new skills and techniques.</p> <p>Embed the physical development skills learned in KS1 &amp; KS2 so that pupils become more competent and confident in their techniques.</p> <p><b>Rugby:</b> Basic passing technique, safe tackling technique, passing on the move, receiving a pass, conditioned game, small sided games (touch/ full contact).</p>	<p><b>HT1 &amp; HT2</b></p> <p>Individuals are assessed based on their ability and group accordingly in football and Rugby</p> <p><u>Key disciplinary knowledge</u></p> <p>Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness.</p> <p><u>Key Concepts</u></p> <p>Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment, Develop confidence and interest in sports</p>	<p><u>Overarching unit intent:</u></p> <p>Acquisition of new skills and techniques. Analyse performance compared to others and demonstrate improvement.</p> <p>Embed the physical development skills learned in KS1 &amp; KS2 so that pupils become more competent and confident in their techniques.</p> <p><b>Badminton:</b> Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, high serve, drop shot, conditioned games, half court games.</p> <p><b>Table Tennis:</b> Grip of bat, Backhand push shot, basic serve technique and rules,</p>	<p>Acquisition of new skills and techniques.</p> <p>Embed the physical development skills learned in KS1 &amp; KS2 so that pupils become more competent and confident in their techniques.</p> <p><b>Badminton:</b> Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, high serve, drop shot, conditioned games, half court games.</p> <p><b>Table Tennis:</b> Grip of bat, Backhand push shot, basic serve technique and rules,</p> <p><u>Basketball:</u></p>	<p>Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness.</p> <p>Recapping core skills learnt in previous units.</p> <p><u>Key Concepts</u></p> <p>Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment in order for them to achieve a personal best. Develop confidence and interest in sports and activities for out of school. <b>Engage in competitive games and sport.</b></p>	<p><u>Key Disciplinary Knowledge</u></p> <p>Basic motor skills, hand-eye, foot-eye coordination, cardiovascular fitness. Speed, power.</p> <p>Recapping core skills learnt in previous units.</p> <p><u>Key Concepts</u></p> <p>Embed physical development and skills learnt, Understand what makes a performance effective, Self / peer assessment in order for them to achieve a personal best. Develop confidence and interest in sports and activities for out of school. <b>Engage in competitive games and sport.</b></p> <p><u>Cross curricular links</u></p> <p>Maths, Science, CPSHCE</p>	



		<p>and activities for out of school.</p> <p>Engage in competitive games and sport, representing their form</p> <p><b>Engagement and Behaviour:</b></p> <p>Clear routines provide calm learning environment</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p><b>Adaptive Teaching:</b></p> <p>All activities are accessible</p> <p>Careers in sport discussed, please see attached</p>	<p>conditioned games, full games. Engage in competitive games and sport.</p>	<p><u>Basic passing techniques, 3 man weave, dribbling skills and ball handling skills, lay-up, shooting games, conditioned games, small sided games.</u></p> <p><u>Engage in competitive games and sport.</u></p>	<p><b>Engagement and Behaviour:</b></p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p><b>Adaptive Teaching:</b></p> <p>All activities are accessible</p> <p><b>Deepening Knowledge and Understanding:</b></p> <p>Teachers model deep understanding of their subject</p> <p>Prior learning is built upon as well</p> <p>Questioning is used effectively</p> <p><b>Assessment and Feedback:</b></p> <p>Questioning is used to check understanding</p> <p>Different feedback methods are used to secure progress</p>			<p><b>Developing Global Catholic Citizens:</b></p> <p>Pupils are kind, considerate and fair to peers</p> <p>The classroom is inclusive to all needs</p> <p>Careers in sport discussed, please see attached</p>
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**ST JAMES'**  
CATHOLIC HIGH SCHOOL

**Catholic Life of the School:**

The Physical Education department ensure our children strive to perform as global Catholic Citizens and demonstrate their faith through the manner in which they treat one another demonstrating skills and qualities such as respect, compassion, team work and leadership.

In Physical Education our pupils are taught the lesson of 'solidarity', this is demonstrated through working together as a team.

Pupils are also taught the lesson of 'rights and responsibilities', this is demonstrated when pupils are given certain roles with a team and to know their rights and responsibilities.

Pupils are also tasked with 'participation', we expect all children to participate during lessons to the best of their ability to reach their full potential.





Extended Reading	
<b>Half Term 1</b> Fitness and Rugby	Exercise is good for joints with wear-and-tear arthritis
<b>Half Term 2</b> Football and Dance	Association football facts for kids <a href="https://kids.kiddle.co/Association_football">https://kids.kiddle.co/Association_football</a> Association football - fact file <a href="https://www.bbc.co.uk/bitesize/guides/zqvf39q/revision/2">https://www.bbc.co.uk/bitesize/guides/zqvf39q/revision/2</a> Think you know your football rules? <a href="http://news.bbc.co.uk/sportacademy/hi/sa/football/rules/newsid_3626000/3626119.stm">http://news.bbc.co.uk/sportacademy/hi/sa/football/rules/newsid_3626000/3626119.stm</a> Shooting - Blast it or place it? Wait for the keeper to move? Or pick a spot and stick to it? <a href="http://news.bbc.co.uk/sport1/hi/football/skills/4188836.stm">http://news.bbc.co.uk/sport1/hi/football/skills/4188836.stm</a>
<b>Half Term 3</b> Badminton and Table Tennis	Badminton facts for kids <a href="https://kids.kiddle.co/Badminton">https://kids.kiddle.co/Badminton</a> Badminton - fact file <a href="https://www.bbc.co.uk/bitesize/guides/zp9ck7h/revision/1">https://www.bbc.co.uk/bitesize/guides/zp9ck7h/revision/1</a> Badminton - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/z96mtyc/revision/1">https://www.bbc.co.uk/bitesize/guides/z96mtyc/revision/1</a>
<b>Half Term 4</b> Badminton/ Table Tennis and Basketball	Table tennis – fact file <a href="https://www.bbc.co.uk/bitesize/guides/z9m7xsg/revision/1">https://www.bbc.co.uk/bitesize/guides/z9m7xsg/revision/1</a> Table tennis - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/zsk482p/revision/1">https://www.bbc.co.uk/bitesize/guides/zsk482p/revision/1</a>
<b>Half Term 5</b> Athletics Track and Cricket	Cricket - fact file <a href="https://www.bbc.co.uk/bitesize/guides/zx3ybk7/revision/1">https://www.bbc.co.uk/bitesize/guides/zx3ybk7/revision/1</a> Cricket - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/zxtxhv4/revision/1">https://www.bbc.co.uk/bitesize/guides/zxtxhv4/revision/1</a>
<b>Half Term 6</b> Athletics Field and Cricket	Athletics - fact file <a href="https://www.bbc.co.uk/bitesize/guides/zxvf39q/revision/1">https://www.bbc.co.uk/bitesize/guides/zxvf39q/revision/1</a> Athletics - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/1">https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/1</a>