

Bellerive FCJ Catholic College



Department: PE

Year Group: 7

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term 1	Netball	<p>To understand basic rules of netball e.g. footwork, contact and marking</p> <p>To understand and demonstrate basic throwing and catching techniques for different passes</p> <p>To understand the movement required to get free from a defender using the sprint dodge</p> <p>To understand marking technique.</p>	Skills in isolation and game play	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> • Interform • Local city • Local LSSP • County <p>Research into rules and regulations of different sports:</p> <p>Netball</p> <p>https://www.bbc.co.uk/bitesize/guides/z299j6f/revision/2</p> <p>Football</p> <p>https://www.bbc.co.uk/bitesize/guides/zxrbcwx/revision/3</p>
	Dance	<p>To understand how to perform in counts of 8</p> <p>To be able to follow set class choreography</p> <p>To be able create choreography to include different choreographic devices including timing, gestures, unison, cannon, stillness, levels and formations</p> <p>To be able to perform to others</p>	Skills in isolation and performance	<p>Rounders</p> <p>https://thepehub.co.uk/free-content/resources/rounders-rules-421/</p>
Autumn term 2	Sports Hall Athletics	<p>To know and understand how to use the reversa boards</p> <p>To be able to take part in different sprinting events</p> <p>To know and understand the rules around different jumping events and attempt to take part in these</p> <p>To know how to take part in the shot put</p>	<p>Times and distances</p> <p>Skills in isolation</p> <p>Officiating roles</p>	

		<p>To be able to work as a team and take part in a relay event</p> <p>Start to understand rules around officiating different events</p>		Research into the dance theme of “Hairspray” by accessing and watching videos
	OAA	<p>To start to understand verbal and non verbal communication</p> <p>To start to problem solve as a team and individual</p> <p>To start to understand how to make strategies and plan as a team to problem solve</p>	Problem solving strategies and ability to work in a team	
Spring term 1	Netball	<p>To build upon knowledge and understanding of netball rules to include areas of play, and playing positions</p> <p>To be able to apply throwing and catching technique in a competitive game</p> <p>To be able to apply sprint dodging technique to a competitive game</p>	Skills in isolation and game play	
	Fitness	<p>To understand and be able to locate their pulse and measure Heart Rate</p> <p>To understand the impact that diet can have on fitness and health</p> <p>To explore different types of exercise and understand how they improve fitness and health</p>	<p>Ability to manually take heart rate</p> <p>Technique and understanding of different fitness exercises</p>	
Spring term 2	Football	<p>To be able to perform the basic Football skills of passing and receiving.</p> <p>To be able to perform the basic dribbling with control.</p> <p>To be able to perform basic defensive skills</p> <p>To be able to outwit opponents using learnt skills and techniques.</p>	Skills in isolation and game play	

	Gymnastics	<p>To understand and be able to perform the 5 basic jumps</p> <p>To understand and be able to perform different roles safely</p> <p>To develop sequence building skills using a range of actions, skills, and agilities; both on the floor and on apparatus.</p> <p>To be able to observe and evaluate performances giving supportive feedback</p>	Skills in isolation and performance	
Summer term	Rounders	<p>To be able to accurately replicate a basic throwing & catching technique.</p> <p>To understand and demonstrate the basic batting technique</p> <p>To understand and demonstrate basic fielding techniques including bowling</p> <p>To understand basic rules of the game</p>	Skills in isolation and game play	
	Athletics	<p>To understand and demonstrate good sprinting technique</p> <p>To understand and demonstrate a good concept of pacing</p> <p>To understand and demonstrate the basic throwing technique for different throwing events</p> <p>To understand and demonstrate the basic technique for jumping events</p>	<p>Times and distances</p> <p>Skills in isolation</p> <p>Officiating roles</p>	