

## Physical Education Year 7 Curriculum Overview

### What is the Year 7 Physical Education curriculum aiming to achieve?

What do we want our Year 7 Sportspeople to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> <li>To show sportsmanship and sporting etiquette.</li> <li>To embrace the extra-curricular provision offered at PHS.</li> <li>To be aware of rules and regulations of various sporting activities.</li> <li>To participate in a range of sports and physical activities.</li> <li>To have confidence to allow them to lead basic sports activities.</li> </ul>	<ul style="list-style-type: none"> <li>All students will have had some prior engagement in physical education.</li> <li>Most will have engaged in some form of teamwork and take part in sports outside of school.</li> <li>Some students will have some knowledge of the importance that health and fitness can have on living a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage your child to sign up / play for a sports team / activity outside school.</li> <li>Show an interest in the extra-curricular activities offered at school and encourage them to take part.</li> <li>Take part in physical exercise with your child e.g. walk / run / swim.</li> <li>Encourage them to take part in a minimum of 20 minutes exercise per day.</li> </ul>

### How are we organising the Year 7 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	G – Football / Badminton G – Badminton Netball B – Football / Rugby B – Rugby / Football	G – Netball / Hockey G – Tramp / Dance B – Basketball / Team building B – Team Building / Badminton	G – Dance / Tramp G – Hockey / Football B – Football / Basketball B – Bad / Foot	Aut 1 / Aut 2 / Spr 1 activities taught on 4 week cycle. Throughout Aut and Spring Terms.	G1 - Athletics G2 – Athletics B1 – Athletics B2 - Athletics	G1 – Round / Cric G2 – Cric / Roun B1 – Cric / Soft B2 – Soft / Cric
<b>Threshold Concepts</b>	All TC taught throughout. Main focus: TC1, TC2, TC3	All TC taught throughout. Main focus: TC1, TC2, TC3	All TC taught throughout. Main focus: TC1, TC2, TC3	All TC taught throughout. Main focus: TC1, TC2, TC3	All TC taught throughout. Main focus: TC1, TC2, TC3	All TC taught throughout. Main focus: TC1, TC2, TC3
<b>Skills</b>	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev
<b>Enrichment within the curriculum</b>	At Pershore High School there are a range of opportunities to participate in your favourite sport or to try out a new one. The school compete in the SWSSA District leagues, and enter teams into the County Cup Competitions. The department runs a highly popular inter-house competition calendar. Competitions usually take place at the end of each half-term, with additional competitions ran to complement national sporting weeks.					
<b>Cross curricular links</b>	We pride on our ability to incorporate extra-curricular links. We will be making links to Biology, Geography, Music, Maths and this will be integrated into our teaching. For example, we will be focusing on the body systems during the Health and Fitness unit of work. During the athletics unit, students measure distances, record times and heights and analyse numerical data in order to evaluate their own and others performances.					
<b>Extra-curricular opportunities</b>	Extra-curricular clubs and fixtures are offered during lunchtimes and after school, students will have the opportunity to train and play for a number of teams including: Netball, Hockey, Football, Rugby, Cross-country, Athletics, Rounders, Basketball, Dance, Cricket, Badminton, Trampo-lining, Tennis and Table Tennis. PHS actively promotes engagement within the community and has a number of school club links.					

### What are the intended outcomes of the Year 7 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Opportunities to show progress (Assessments)</b>	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.	<b>AS1 – Head &amp; Heart</b> – Knowledge of Health & Fitness / Sporting Activity. <b>AS2 – Hands =</b> Physical competence and performance.
<b>Impact on personal development (SMSC)</b>	By undertaking a variety of roles including performer, coach and official, students develop their empathy for others. In KS3 pupils learn the laws and rules of the varying activities. Pupils learn to deal with the consequences of making decisions which both comply with or break the rules. When participating pupils adhere to traditional values of fair play and sportsmanship. In all activities, pupils work collaboratively building their team work skills and ability to problem solve with others.					
<b>Preparation for the next stage of education</b>	The activities covered in Year 7 were selected because they allow pupils to experience a wide variety of activities and require a range of different skills sets. The activities will be revisited throughout KS3, giving pupils the opportunity to further develop their practical and leadership skills.					