



Curriculum map - Year 7

YEAR 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC(s)	Skills (Hands) Skill development, Understanding Fitness Identifying tactics and strategies	Skills (Hands) Skill development, Understanding Fitness Identifying tactics and strategies	Effective Thinking (Head) Skill Evaluation Understanding importance of exercise Identify creativity	Effective Thinking (Head) Skill Evaluation Understanding importance of exercise Identify creativity	Empowering Character (Heart) Understanding teamwork Developing confidence Introducing leadership roles	Empowering Character (Heart) Understanding teamwork Developing confidence Introducing leadership roles
What students will know	Football How to pass and control the ball. Basic tactics in attack and defence. Know which part of the foot to use when shooting at goal. Netball Basic skills of passing shooting and correct footwork. How to outwit and defend opponents. Learn the positions in netball 7 aside and their roles to play a full court game. Passing technique for chest, overhead and shoulder passes. Correct catching technique W hands Shooting technique.	Handball Basic throwing, catching, dribbling and shooting skills Working in a team to attack and defend. Learn basic rules and positions in a full game scenario. Basic tactics in attack and defence Positions HRF Clements of a circuit. How intensity can be changed in a circuit/ interval session. Know the different methods of training, such as, circuit training, interval training and continuous training. Know what Heart rate is and what breathing rate is. Different types of training.	Dodgeball Basic rules of Dodgeball. How to control the ball using a variety of shots. How to throw and catch and play using basic tactics in condition games. Know how to score a full game. Basketball The basic rules; travelling, double dribble, foul. How to control the ball at different speeds. How to pass the ball and shoot the ball in different ways. How to outwit and defend opponents	Dance Understand the technicalities of what is involved in dance using different movement from low to high and how to change direction Know how to use different pathways in a dance routine. How to assess their own groups sequence and make changes where required How to adapt timing to their dance routine. Badminton- How to hold the racquet with the correct grip for forehand, backhand and ready position. what a rally is and how to play forehand underarm and overhead shots in pairs. How to score in half court singles game. Rules and court markings for half court singles.	Athletics Know what the various track and field events are in Athletics Know how to improve their own personal success in each event. Know the safety rules involved in Athletics. Track rules Jumping rules/technique Throwing rules/technique How to measure jumps and throws and how to time track races Know how to do a relay change over Orienteering Know how to work as a team to problem solve How to use a compass and know basic map reading skills to complete a fully way marked course within school.	Cricket How to play a game of Kwik cricket How to hold the cricket bat, bowl a cricket ball. How to throw and catch a ball Batting and fielding rules Table-Tennis How to hold the bat Know the basic rules of scoring in singles games Know the different types of shots; forehand, backhand and serve and when to use them to outwit opponent in a game Rounders- Know the basic throwing and catching skills. Know how to bowl underarm and bat with the correct technique. Rules of the game Fielding positions and where to stand when batting. Rules for bowling.

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What students will be able to do	<p>Football To pass and control the ball using the inside of their foot. To use basic tactics in attack and defence. To use their laces to strike the ball when shooting. To Play in different positions following the rules of the game.</p> <p>Netball To demonstrate passing technique for chest, overhead and shoulder passes. To show correct catching technique using W hands. Demonstrate shooting technique and correct footwork techniques in isolated practices and attempt in a game situation. Show first stage defending. Play in different positions in a full game of 7 a-side netball following the basic rules of footwork, obstruction and contact.</p>	<p>Handball Demonstrate basic underarm and overarm throwing, catching, dribbling and shooting skills in drills and in small game situations Show how to defend in a game. Follow basic handball rules in a full game scenario; travel, double dribble, offside, sideline. Show pass and move skills in a small-sided games and apply to a full game situation Play the different positions in attack and defence in a full court game.</p> <p>HRF To complete a variety of fitness training methods; circuits, interval, continuous to the best of one's ability. Demonstrate how intensity can be changed in a training session. Plan a simple interval session Fitness tests Take heart rate .</p>	<p>Dodgeball Identify and follow the basic rules of dodgeball during game play. Throw using a variety of techniques, dodge, block and catch the ball. Use throwing skills to successfully outwit an opponent Demonstrate spatial awareness on the court in game situations.</p> <p>Basketball Play a half-court game 3v3 and 5v5 To get into a triple threat position, pass the ball using chest, overhead and bounce passes. To be able to dribble the ball without losing control, trying with both left and right hands. Cookie jar shooting technique and begin to show the lay-up shot</p>	<p>Dance Perform a range of choreographed movements smoothly and accurately to music. Demonstrate rhythm and timing during a short movement sequence. Able to experiment and plan small group sequences.</p> <p>Badminton Demonstrate how to complete a basic rally with a partner using overhead clear, underarm forehand.</p> <p>Be able to score a half-court singles game and know the correct court markings (Service line rule).</p> <p>Be able to explain and try to perform basic tactics when playing a game such as long and short shots.</p>	<p>Athletics- Demonstrate and follow the safety rules for field events such as Long Jump, Shot, and Javelin. Demonstrate how to do the long jump and measure correctly, Perform the basic relay changeover. Participate in competitive races on the track with peers to the best of ability. Understand the techniques/ training required to improve track events.</p> <p>Orienteering- Demonstrate how to problem-solve within a team situation and work on team strengths and weaknesses to achieve a goal. Be able to explain and demonstrate how to use a compass and read a basic map of the school to find checkpoints labelled. Be able to work as a team to complete an orienteering course in school.</p>	<p>Cricket Demonstrate basic batting technique using the correct grip. Play conditioned games within the rules. Demonstrate basic throwing, catching and fielding techniques in a game of cricket/Kwik cricket.</p> <p>Table-Tennis –Demonstrate how to officiate a singles game. Demonstrate a basic serve, backhand and forehand push and hold a rally with a partner.</p> <p>Rounders- Demonstrate underarm throwing from a short distance. Demonstrate underarm bowling technique towards the batter's bat. Demonstrate how to hold the bat in one hand. Demonstrate basic knowledge of the rules of the game. Demonstrate fielding positions on the bases and back stop.</p>

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Beyond the classroom (Wider reading / Trips)	Extra-curricular clubs: Football/Netball Fixtures and festivals	Extra-curricular clubs: Handball Fixtures and festivals	Extra-curricular clubs: Basketball/Dodge ball Fixtures and festivals	Extra-curricular clubs: Rugby/Dodgeball/Netball Fixtures and festivals Dance/Badminton Badminton competitions Dance festival and schools' competition	Extra-curricular clubs: Athletics/Orienteering District Athletics and Orienteering festivals	Extra-curricular clubs: Cricket/Table Tennis/Rounders Fixtures and festivals