

## PE, Year 7 Boys, Long Term Planning

### Year 7 Boys

Week / Lesson	Term	Topic	Knowledge	Skills Complex activity: Writing genre:
1	<b>Autumn T1 Baseline testing Invasion</b>	PE fundamentals 1	Understand the importance of Agility within Physical Education and sport	Compete various agility tasks and show development and level of footwork Complete agility fitness testing
2		PE fundamentals 2	Understand the importance of Balance and coordination within Physical Education and sport	Compete various balance and coordination tasks and show development and level of footwork Complete balance and coordination fitness testing
3		Invasion	Understand the importance of various roles to gain an advantage over your opponent in attempt to outwit them	<b>Writing Genre; Eatwell Plate</b>
4		Gymnastics	Understand and perform the principles of balance, counter balance and rolls	
5		Invasion - Technique	Fundamental techniques/skills are developed in isolation - success criteria for technique is made explicit	Demonstrate fundamental sport/game skills in isolation
6		Invasion - Technique and application into gameplay	Isolation skills are developed into competitive situations and are no longer a closed skill/technique	
7		Invasion - Utilising space and positional play - Small sided games	Positions are introduced and specific roles are identified. Small sides games enable students to showcase their knowledge and ability to utilise and	

			invade space appropriately to outwit their opponent.	
8		Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position
9	<b>Autumn T2 Net/Wall II</b>	Introduction & basic technique	Setting up equipment effectively and safely Rules and technique. Forehand / backhand shot. Basic serve.	
10		Technique Skills in Isolation	Fundamental technique split into 3 key success criteria. Forehand / backhand shot. Basic serve.	
11		Technique Skills in Isolation	Fundamental technique split into 3 key success criteria. Forehand / backhand shot. Basic serve.	<b>Writing Genre: Explore local clubs and centres and the types of sports/exercise/activities they have to offer.</b>
12		Offensive & defensive play	Specific focus on strategy and technique of offensive and defence play/shots. Using forehand / backhand/ serves.	Gameplay
13		Shot selection to outwit opponent - match play	Development of a range of techniques that are used appropriately depending on where the opponent is. Using forehand / backhand/ serves.	Gameplay
14		Monitor and evaluate performance (Assessment) <b>Reteach week</b>	Evaluation of own and peer performance in relation to skills in isolation and competitive play	
15		Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position
16		<b>Spring T1</b>	Dance Introduction to theme (90s Hip hop)	Understand Motif and development Students study a specific theme of Dance looking at 90's Hip Hop.

17	<b>DANCE</b>	Choreography	Small groups EXPLORE Action - travel, stillness, gesture, levels, transfer of weight Dynamics - Speed, strength, flow, direct/indirect	Development of start/end position Demonstrate application of Action (what we do)/Dynamic (how we do it).
18		Choreographic intention & transitions	Space - levels, apparatus, pathway, direction, patterns Relationships - lead, follow, action-reaction, counterpoint, formation, mirror	<b>Writing genre: Explain the benefits of exercise</b>  Creating space individually and in small groups Application of personal motifs and relationships
19		Choreographic devices	Know how to apply the following to improve choreography of dance: Repetition Contrast Highlights Climax Unison/cannon	Apply techniques and development of choreography
20		Assessment week: Perform and evaluate	The final performance involves specifically choreographed sections and also gives students the opportunity to develop their own motifs as part of the group	Performance with confidence Review & feedback from audience Evaluation of personal performance
21		<b>Spring T2 Gymnastics</b>	Safety & basic gymnastics	Safety procedures and basic fundamentals
22	Rolls/transitions		Forward/backward/cartwheel/teddy/log rolls Jumps/leaps/hops/turns	perform rolls and link using travel
23	Partner work to music Jumps		Jumps using small apparatus Paired work different levels	<b>Writing Genre: Exercise Diary week 2</b>  Plan create and perform to music
24	Balances and routines		Safety of performing & supporting balances Start/ finish position Know what the key words mean and how to apply: Control	Demonstrate fluency and control in short routines Demonstrate higher level of difficulty and fluency

			Body tension Mirror Cannon	
25		Performances	Assess and review performances Feedback from evaluation	Peer and self-assessment reviews Perform sequences to an audience
26		Performances	Analyse video footage	Video record improved and rehearsed routines Assess and analyse video recordings of gymnastics routines and produce a written evaluation
27	<b>Summer T1 Strike &amp; field</b>	Fielding	Basic fielding techniques are split into skills in isolation with a key focus on 3 success criteria	Complete a variety of fielding exercises in isolation with a level of fluidity
28		Bowling	Bowling for accuracy is introduced - skills in isolation develop into competitive games/skills	
29		Batting	Batting with a specific focus on hitting straight Focus on skill in isolation with 3 success criteria based on the correct technique points	<b>Writing Genre: Pick one club in your local area and describe the different job roles within that club.</b>
30		Gameplay <b>Reteach week</b>	Full Game play introduced with students implementing tactics and strategies to success in competition	
31		Gameplay & formal assessment	Assessment week - competitive gameplay Students self and peer assessment	
32		Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position
33		<b>Summer 2</b>	Introduction and basic skills and technique for running (Sprinting)	Fundamental techniques of sprinting split into key success criteria

34	<b>Athletics</b>	Introduction and basic skills technique for Middle distance running (Pacing)	Fundamental technique of pacing split into key success criteria.	Complete various tasks and games showing development and knowledge in technique in pacing over a long distance.
35		Introduction and basic skills and technique for throwing and a throwing event	Understand and explain safety procedures of throwing.  To know the basic fundamental 3 skill parts of throwing.	To demonstrate the key safety rules of throwing. To demonstrate the three fundamental elements of throwing.  <b>Writing Genre: Review of this years content - Both Physical and theory What have you learnt this year? How have you improved? What are your targets for next year</b>
36		Basic technique and skill for a throwing event. Monitor and evaluation.	Evaluation of own and peer's performance of skill and technique.	Communication Analysis
37		Introduction and basic skills and technique for Jumping and a jumping event.	Understand and explain safety procedures of Jumping.  To know the basic fundamental 3 skill parts of the Jumping.	To demonstrate the key safety rules of throwing. To demonstrate the three fundamental elements of jumping.
38		Introduction and basic skills and technique for a Jumping event. Monitoring and Evaluating	Evaluation of own and peer's performance of skill and technique.	Communication Analysis
39		Interform Competition	Application of skills and techniques	Performing skills correctly with confidence
40		SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence