

Physical Education, Year 7 Girls, Long Term Plan

Year 7 Girls

Week / Lesson	Term	Topic	Knowledge	Skills Complex activity: Writing genre:
1	Autumn T1 Baseline testing Net/Wall	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	Writing Genre; Eatwell Plate
4		Gymnastics	Understand and perform the principles of balance, counter balance and rolls	Aesthetic appreciation of performance and routine 6 move routine with a clear start and finish
5		Net/Wall - Introduction	Setting up equipment effectively and safely Rules and technique	
6		Technique Skills in Isolation	Fundamental technique split into 3 key success criteria	
7		Shot selection to outwit opponent - match play	Development of a range of techniques that are used appropriate depending on where the opponent is	
8		Interform Competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position

9	Autumn T2 Invasion	Introduction Skills in isolation	Introduction to the sport and fundamental technique points with specific reference to 3 success criteria for each technique	
10		Skills in isolation	Skills in isolation developed individually and in small groups Specific focus on 3 success criteria for each technique point	
11		Small sided games	Skills in isolation to be transferred into competitive environment situations with pressure on the player and ball. Skills now to be performed in an open environment	Writing Genre: Pick one club in your local area and describe the different job roles within that club.
12		Utilising space and positional space - small sided games	Spatial awareness and positional play explained Specific roles of positions and formational play developed	
13		Tactical and strategic play	Focus on strategies for offensive and defensive play/organisation	
14		Monitor and evaluate performance (assessment)	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	Spring T1 Gymnastics	Safety & basic gymnastics	Safety procedures and basic fundamentals	Explore and create basic travel and shapes
17		Rolls/transitions	Forward/backward/cartwheel/teddy/log rolls Jumps/leaps/hops/	perform rolls and link using travel
18		Partner work to music Jumps	Jumps using small apparatus Paired work different levels	Writing Genre: Important of Physical exercise Plan create and perform to music

19	Spring T2 Dance	Balances and routines	Start/ finish position Control body tension Mirror Cannon	Demonstrate fluency and control in short routines Demonstrate higher level of difficulty
20		Assessment week - Performances	Assess and review performances Feedback from evaluation	Peer and self-assessment reviews Perform sequences to an audience
21		Dance Introduction to theme (90s Hip hop)	Understand Motif and development Students study a specific theme of Dance looking at 90's Hip Hop.	Exploration of theme Replicate and develop motif provided by teacher
22		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).
23		Choreographic intention & transitions	Space - levels, apparatus, pathway, direction, patterns Relationships - lead, follow, action-reaction, counterpoint, formation, mirror	H/W Exercise Diary week Creating space individually and in small groups Application of personal motifs and relationships
24		Choreographic devices	Know the meaning of choreographic devices and how to apply them. Repetition Contrast Highlights Climax Unison/cannon	Apply techniques and development of choreography Demonstrate the differences between the devices
25		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
26			Video and analyze performances using an assessment brief.	Video record others dances and play back. Assess and evaluate

27	Summer T1 Strike & Field	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	Writing Genre: Pick one club in your local area and describe the different job roles within that club.
30		Gameplay Reteach week	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	Summer T2 Athletics	Introduction and basic skills and technique for running (Sprinting)	Fundamental techniques of sprinting split into key success criteria	Complete various Sprint tasks and games showing development in technique.
34		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 3 fundamental skill parts of throwing.	To demonstrate the key safety rules of throwing. To demonstrate the three fundamental elements of throwing. 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
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