

## Year 7 PE Curriculum

	AUT1	AUT2	SPR1	SPR2	SUM1	SUM2
<b>Topic:</b>	Rugby Football Hockey Netball/Invasion Games OAA		Health Related Exercise		Cricket Rounders Athletics Tennis Softball	
<b>Knowledge covered:</b>	<p>A Focus will be on the development of key personal qualities of commitment, resilience, determination, problem solving, fairness and enthusiasm and an appreciation of honest competition and good sportsmanship.</p> <p>An understanding and appreciation of health and safety measures and controls within lessons and using dangerous equipment safely.</p> <p>A coherent grasp of the basic rules, regulations and scoring systems in the sports/activities studied. This will aid their knowledge development and links to Unit 2 in the BTEC First qualification.</p> <p>An introduction to the major muscle groups and bones in the body that specifically relate to the sports/activities being studied (using correct terminology – gastrocnemius not calf). This will aid their knowledge development and links to Unit 5 in the BTEC First qualification.</p> <p>Develop knowledge of the key techniques and tactics used in the sports/activities being studied.</p> <p>Develop knowledge of the physical and skill-related components of fitness and how these are used in a number of sports/activities.</p> <p>The two areas above link to Unit 2 in the BTEC First Qualification.</p>					
	<p><b>Rugby</b> – Lateral pass, switch pass, miss pass; Side/front/rear tackle (cheek-to-cheek, ring of steel); Punt kick, place kick, grubber kick; Scrum, maul, ruck, forward pass, knock-on, offside, body position, attacking line, defensive line.</p> <p><b>Football</b> – Passing (instep, laces), heading, shooting, tackling (slide and block), dribbling (Cruyff turn, step-overs, drag-backs), free-kick, penalty, yellow and red cards.</p> <p><b>Netball</b> – Passing (chest, bounce, shoulder), footwork (pivot, jump-step), Positions on the court.</p>		<p><b>HRE</b> – Components of fitness (speed, aerobic endurance, muscular endurance, muscular strength, flexibility, power), Fitness tests (cooper run, 35m sprint, Illinois agility test, grip dynamometer, sit and reach) Max heart rate.</p>		<p><b>Cricket</b> – Batting (forward defence, forward drive, square cut, pull shot, sweep shot), Bowling (over-arm technique, pace, spin, grip and seam position), Fielding (catching technique – fingers point up or down depending on height of the ball), long barrier, two-handed pick-up, Umpire signals.</p> <p><b>Rounders</b> – Batting (hand-eye coordination, shot placement), Fielding (positions – bases and back-stop, catching technique), Bowling (under-arm, between batters knee and head).</p> <p><b>Athletics</b> – Events – Track (100m, 200m, 800m, 1500m), Field (shot-put, javelin, long jump, discus), personal best, pacing, drive-phase.</p> <p><b>Tennis</b> – Serve (ace, kick, slice), forehand, backhand, volley, smash, lob, drop shot, double-fault, ball toss, return, top spin, court markings.</p> <p><b>Softball</b> – Batting (home-run, bunt), Bowling (pitch, fast-ball, slider), Catching (mitt, webbing), bases, loaded.</p>	
<b>Online Resources:</b>	NGB websites (FA.com, RFU.com, Englandnetball.co.uk etc) signposted to students to extend their knowledge (techniques, tactics, rules, regulations, scoring systems etc) in the respective sports/activities being studied. BBC Sport Academy		NGB websites (Badmintonengland.co.uk, Basketballengland.co.uk, British-gymnastics.org). Brianmac.co.uk, Topendsports.com. Signposted to students to extend their knowledge (techniques, tactics, rules, regulations, scoring systems, fitness testing etc) in the respective sports/activities being studied. BBC Sport Academy		NGB websites (ecb.co.uk, roundersengland.co.uk, uka.org.uk, lta.org.uk, Britishsoftball.org etc) signposted to students to extend their knowledge (techniques, tactics, rules, regulations, scoring systems etc) in the respective sports/activities being studied. BBC Sport Academy	