

Year 7 Physical Education Journey



**KIBWORTH MEAD
ACADEMY**

Intent statement: The aim of our curriculum is to develop students holistically, focusing on students' physical, social and emotional well-being. The curriculum offer is engaging, challenging and enjoyable which allows students to make outstanding progress and develop a passion for lifelong participation in physical activity.



Year 7-9: A Concept driven curriculum, learning physical, cognitive, creative, social, personal and health related skills.

Year 7-9: Our domains are developed throughout the curriculum units, which include invasion, net/wall, cooperative, striking and fielding, as well as Fitness dance and gymnastics.

Various opportunities are provided for students to participate in competitive sport for all age groups in a variety of activities.



Pupils to learn the rules and understand how to play invasion games.

Pupils begin to learn the key skills involved in invasion games such as passing, dribbling, shooting and defending.



Pupils begin to settle in to their new groups getting a quick taster of each scheme of learning.

PE expectations and extra curricular offer to be addressed with pupils.

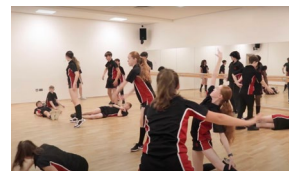


Students learn how to create space and the importance of this within invasion games.

Pupils are given the opportunity to represent the school in either netball or football.

Pupils to try out for sports teams for upcoming fixtures and events.

Baseline Assessment activities take place through invasion, cooperation and Fitness to determine groups.



Students produce short sequences combining a range of skills.

Students develop Peer assessment skills and learn the importance of feedback.

Students learn how to structure their team learning about different formations.



Pupils learn about the importance of tactics and formations and how they can be implemented within an invasion game.

Pupils learn about the importance of having good body tension.

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Students learn the different methods of travel and flight.

**Fitness
(Health & Wellbeing)**

Pupils learn about the importance of team work and to have clear strategies and delegate responsibilities.

**OAA
(Personal Skills)**

Students learn about the short and long term effects of exercise.



Pupils learn about heart rate and how it is affected by exercise.



Students learn how to use equipment safely.

Pupils develop their communication skills and learn how to cooperate effectively within a team.

Pupils use their physical and tactical knowledge to solve problems together. Students learn the importance of resilience.



Pupils learn the differences between aerobic and anaerobic exercise.

**Net and Wall
(Cognitive)**

Students learn the key rules for the net/wall game.



Pupils experience outdoor adventures activities, learning map reading skills and develop their decision making while working towards a common goal.



Students understand the techniques for serving, forehand, backhand, underarm and overhead shots.

Students learn about key techniques used in the striking & fielding game, such as bowling pitching, batting and fielding.



**Striking & Fielding
(Social)**

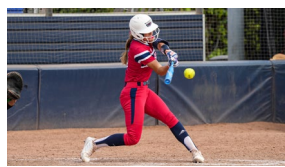
Students learn how to successfully outwit opponents in competitive scenarios

Students develop their technical control and accuracy

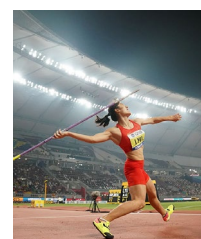
Pupils learn about the importance of being consistent within game play

**Athletics
(Personal Attributes)**

Students learn how accurate throwing and catching can positively affect performance.



Students learn how to implement the skills they have learned to gain an advantage in the games.



Students learn how to successfully run between the posts/bases/stumps

pupils develop sprinting technique and learn how to perform legal and efficient change overs during relay events.

Pupils learn the techniques to perform three throwing events (Shot put, discus and javelin).

Summer Holidays

Pupils learn the correct techniques for various jumping events (long and triple).



Students learn the correct running technique for short and long distance events

