

Year Group: 7	Subject: Core PE	Term: Summer
Sport	Key Learning points	Assessment
Cricket	<ol style="list-style-type: none"> 1. Know how to warm up for cricket to prevent injury and prepare for moving freely and prepare the body for throwing, catching and hitting the ball. 2. Develop catching technique – know that the correct technique is either fingers up or fingers down depending on the height of the ball and NEVER fingers towards the ball. 3. Be able to perform a pull shot 4. Be able to perform a long barrier to stop the ball 5. Be able to perform a front foot drive 6. Be able to perform a short barrier to gather the ball 7. Be able to perform a one-handed intercept 8. Be able to perform a basic bowling action in a conditioned game 9. Apply the basic rules of the game: batsman being caught out, bowled out and run out 	<p>Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis.</p> <p>Students will be given verbal feedback on how to improve their performance.</p>
Rounders	<ol style="list-style-type: none"> 1. Students should know how to warm up safely and correctly for Rounders and prepare to move freely around the pitch and throw under and over arm 2. Students should know how to be able to catch both high and low balls safely 3. Students should know and be able to demonstrate the technique for throwing underarm 4. Students should know be able to demonstrate the technique for throwing overarm 5. Students should know basic rules for batting and bowling 6. Students should know and demonstrate the basic technique for batting and bowling 7. Students should know ground fielding and post rules 8. Students should play in small sided and conditioned games 9. Students should be able to call a “No Ball high or low” as an umpire 	
Athletics	<ol style="list-style-type: none"> 1. Can manage equipment safely including all throwing equipment. 2. Know how to warm up effectively to prevent injury in athletics, considering specificity of event. 3. Know how to sprint efficiently. 4. know how to perform a sprint start. 5. Know the techniques to throw for distance. 6. Know how to complete a standing throw with basic technique for shot. 7. Know how to complete a standing throw with basic technique for javelin. 8. Know how to complete a standing throw with basic technique for discus. 9. Know how to complete a standing jump with basic technique for long jump. 10. Know how to complete a standing jump with basic technique for triple jump. 11. Know what pacing is when performing in endurance events. 12. Know the basic hurdle technique. 13. Know how to complete a relay changeover 	