

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 7	AUTUMN/SPRING TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Rugby	<ol style="list-style-type: none"> Students should know how to warm up effectively for rugby – pulse raiser, appropriate dynamic stretches Students should know how to pass and receive the ball effectively in small-sided conditioned games - W shape with hands, eye contact, call, release point, two hands on the ball, keep it off the chest, flat trajectory Students should know how to move with the ball effectively in small-sided games Students should know how to tackle/tag an opponent effectively and legally in small-sided games Students should know how to set up a defensive line effectively in a small-sided game situation Be able to apply the basic rules of rugby in a small-sided game situation: forward pass, what happens at a tackle or a tag, how to restart the game when it goes out of play. Understand the principle of overload and passing the ball just before contact to keep it moving – 2v1, timing the pass in a controlled situation Being able to apply the skills of: tackling/tagging, passing (backwards only), receiving, ball in and out of play, restarting the game into a more formal game situation. 	Cheek to cheek Ring of steel Positioning W shape to receive The ball Target	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.	
Netball	<ol style="list-style-type: none"> Students should know how to warm up correctly using a three part warm up, pulse raise, dynamic and static stretches. Student should know the different types of passes, chest, bounce, shoulder Students should know how to beat a defender. Students should know how to perform correct footwork Students should know the basic shooting technique Students should know the 7 positions in netball Students should know the basic rules to play a conditioned game 	Footwork Court Positions Advantage Contact Obstruction		
Football	<ol style="list-style-type: none"> Know how to warm up safely for football to prevent injury and be able to perform in small games. Understand and be able to apply the key rules of football – handball, acceptable contact, ball in/out of play. Be able to play safely in a small sided game. Be able to pass the ball accurately over a short (under 10 yards) distance. Understand and explain why it is important to keep possession as a team. Be able to dribble the ball under control for a short (under 10 yards) distance. 	Side foot Instep Control Cushion Follow through		

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Health Related Fitness (HRF)	<ol style="list-style-type: none"> 1. To be able to perform different body weight movements with precision and control: squats, press ups, sit ups, lunges, plank, shoulder taps, skipping, burpees, squat thrusts, star jumps. 2. To understand the concept of a circuit and the relationship between work:rest ratios. 3. To begin to understand the relationship between speed and the success in some sports 4. To begin to understand the relationship between CV endurance and the success in some sports 5. To begin to understand the relationship between agility and the success in some sports 6. To begin to understand the relationship between co-ordination and the success in some sports 7. To begin to understand how to outwit your opponents in very simply invasions games – flag tag or endball 8. Begin to understand how we can make healthier lifestyle choices 	Control Balance Core Alignment Agility Endurance	
Gymnastics	<ol style="list-style-type: none"> 1. Students should know how to complete a safe and thorough warm up specific to gymnastics 2. Students should perform a range of travel skills 3. Students should perform individual balances 4. Students should perform paired balances (matched & mirrored) 5. Students should perform a range of jumps 6. Students should perform a range of rolls 7. Students should select appropriate skills to create a paired sequence and perform the sequence demonstrating tension, extension and control. 	Posture Extension Control Tension Arabesque	
Badminton	<ol style="list-style-type: none"> 1. Can set up equipment safely & correctly 2. Know how to warm up for badminton to prevent injury and prepare for moving freely about the court and hitting shots including the serve and overhead clear effectively 3. Know the rules of badminton for a singles half-court game including calling the shuttle in or out and scoring accurately 4. Know how to play a short serve to start a rally – forehand and backhand 5. Be able to play an underarm clear in returning a short serve 6. Be able to play an overhead clear consistently and hit the shuttle away from an opponent 7. Be able to play a net shot consistently and hit the shuttle away from an opponent 	Forehand Backhand Net Shuttlecock Trajectory Racket speed	

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Topic	Key Learning Points		Key Vocabulary	Assessments
Rounders	<ol style="list-style-type: none"> 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 Students should know how to be able to catch both high and low balls safely Students should know and be able to demonstrate the technique for throwing underarm Students should know be able to demonstrate the technique for throwing overarm Students should know basic rules for batting and bowling Students should know and demonstrate the basic technique for batting and bowling Students should know ground fielding and post rules Students should play in small sided and conditioned games Students should be able to call a “No Ball high or low” as an umpire 		Dynamic stretching Pulse raiser Bowler/Feeder Batter Fielders Posts Barrier Follow through Cushion Run out “No ball high/low”	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.
Athletics	<ol style="list-style-type: none"> Can manage equipment safely including all throwing equipment Know how to warm up effectively to prevent injury in athletics, considering specificity of event Know how to sprint efficiently know how to perform a sprint start Know the techniques to throw for distance Know how to complete a standing throw with basic technique for shot Know how to complete a standing throw with basic technique for javelin Know how to complete a standing throw with basic technique for discus Know how to complete a standing jump with basic technique for long jump Know how to complete a standing jump with basic technique for triple jump Know what pacing is when performing in endurance events Know the basic hurdle technique Know how to complete a relay changeover 		Dynamic stretching Pulse raiser Momentum Leg drive	
Hockey	<ol style="list-style-type: none"> Students should be able to warm up safely for Hockey Students should be aware and apply safety rules in Hockey Students should be able to demonstrate the correct body position to play hockey Students should be able to demonstrate the correct grip for dribbling, push passing and receiving Students should be able to dribble the ball with control Students should be able to demonstrate a push pass in a practice and small sided game situation Students should be aware and apply basic hockey rules within a small game situation 		Stick Squat Lunge Goal side Cushion Control Push Slap Follow-through	

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| <ol style="list-style-type: none">8. Students should be able to complete a “slap” pass9. Students should be able to receive a ball and control it10. Students should be able to perform a block tackle11. Students should be able to use elimination skills in a practice situation and attempt them in a game (e.g: drag right to left and left to right)12. Students should be able to participate in a 7 a side hockey game | | |
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How parents can support learning in the subject this academic year

Make sure your child brings in the correct PE uniform: rugby shirt, navy JM t-shirt, navy shorts/skorts, navy tracksuit bottoms, blue rugby socks with the gold trim/white socks.

Shin pads are needed for football and hockey.

Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).

Encourage your child to take part in regular exercise at the weekend.

Encourage your child to attend the afterschool sports clubs.

Play games with your child, throwing and catching and practise other skills like changing direction.

Recommended Reading

There are many superb sports books in the school library that are suitable for students to enjoy.

Points to note

There are many excellent sports clubs in the local area. Here are a handful that I would recommend. Please note that this list is not exhaustive.

Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree

Football – Ledbury Swifts

Rugby – Ledbury Rugby Football Club

Athletics – Hereford/Worcester

Tennis – Ledbury Tennis Club

Hockey – Newent/Malvern

Basketball – Leadonites

JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)

Ledbury Leisure Centre – swimming