

Subject Curriculum Overview for Academic Year 2023/2024

Subject: Core PE		Subject Leader: Andy Morgan	Year Group: 7	Autumn/Spring Term
Topic	Key Learning Points	Key Vocabulary	Assessments	
Rugby	<ol style="list-style-type: none"> 1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. 2. 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 3. Move with the ball effectively in small-sided games 4. Tackle/tag an opponent effectively and legally in small-sided games 5. Set up a defensive line effectively in a small-sided game situation 6. 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. 7. Understand the principle of overload and passing the ball just before contact to keep it moving – 2v1, timing the pass in a controlled situation 8. 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"> 1. Know how to warm up correctly using a three part warm up, pulse raise, dynamic and static stretches. 2. Know the different types of passes, chest, bounce, shoulder 3. Know how to beat a defender. 4. Perform correct footwork 5. Know the basic shooting technique 6. Know the 7 positions in netball 7. Know the basic rules to play a conditioned game 	Footwork Court Positions Advantage Contact Obstruction		
Football	<ol style="list-style-type: none"> 1. Know how to warm up safely for football to prevent injury and be able to perform in small games. 2. Understand and be able to apply the key rules of football – handball, acceptable contact, ball in/out of play. 3. Be able to play safely in a small sided game. 4. Be able to pass the ball accurately over a short (under 10 yards) distance. 5. Understand and explain why it is important to keep possession as a team. 6. 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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Dance	<ol style="list-style-type: none"> 1. Develop the basic dance principles and skills whilst improving their individual ability. 2. Understand how to count music for a dance routine and learn to keep in time. 3. Develop confidence in performance skills. 4. Introduction to corner work and learning basic dance movements 5. Develop technique and presentation of movements 6. Learn the different Technical Skills in dance: Actions, Space, Dynamics and Relationships 7. Incorporate choreographic devices into creating routines 8. Assessment on dance principles and skills 	Action Space Dynamics Relationships Travel Turn Elevation Gesture Stillness Projection Focus Technique Extension Posture Timing Formations	
Gymnastics	<ol style="list-style-type: none"> 1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. 2. Perform a range of travel skills 3. Perform individual balances 4. Perform paired balances (matched & mirrored) 5. Perform a range of jumps 6. Perform a range of rolls 7. 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. 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. Apply the rules of badminton for a singles half-court game including calling the shuttle in or out and scoring accurately 4. Play a short serve to start a rally – forehand and backhand 5. Play an underarm clear in returning a short serve 6. Play an overhead clear consistently and hit the shuttle away from an opponent 7. Play a net shot consistently and hit the shuttle away from an opponent 	Forehand Backhand Net Shuttlecock Trajectory Racket speed	

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Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 7	SUMMER TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Rounders	<ol style="list-style-type: none"> 1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. 2. Know how to be able to catch both high and low balls safely 3. Know and be able to demonstrate the technique for throwing underarm 4. Know be able to demonstrate the technique for throwing overarm 5. Know basic rules for batting and bowling 6. Know and demonstrate the basic technique for batting and bowling 7. Know ground fielding and post rules 8. Play in small sided and conditioned games 9. 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"> 1. Can manage equipment safely including all throwing equipment. 2. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. 3. Sprint efficiently. 4. Perform a sprint start. 5. Show the techniques to throw for distance. 6. Complete a standing throw with basic technique for shot. 7. Complete a standing throw with basic technique for javelin. 8. Complete a standing throw with basic technique for discus. 9. Complete a standing jump with basic technique for long jump. 10. Complete a standing jump with basic technique for triple jump. 11. Perform pacing strategy for endurance events. 12. Show the basic hurdle technique. 13. Complete a relay changeover. 	Dynamic stretching Pulse raiser Momentum Leg drive		
Hockey	<ol style="list-style-type: none"> 1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. 2. Be aware and apply safety rules in Hockey 3. Demonstrate the correct body position to play hockey 4. Demonstrate the correct grip for dribbling, push passing and receiving 5. Dribble the ball with control 6. Demonstrate a push pass in a practice and small sided game situation 	Stick Squat Lunge Goal side Cushion Control Push		

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	<ol style="list-style-type: none"> 7. Be aware and apply basic hockey rules within a small game situation 8. Complete a “slap” pass 9. Receive a ball and control it 10. Perform a block tackle 11. Use elimination skills in a practice situation and attempt them in a game (e.g: drag right to left and left to right) 12. Participate in a 7 a side hockey game 	<p>Slap Follow-through</p>	
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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