

## (Y7) (Core PE) Curriculum Summary

Activity	Unit / title	Core knowledge / links to previous and future learning	Formative (interim) assessment / homework	Formal assessment
1	Football	<ul style="list-style-type: none"> <li>● <b>Skills:</b> Ball control, dribbling, passing &amp; shooting.</li> <li>● <b>Rules:</b> Ball out of play on side; throw in, back line, goal kick or corner, restart.</li> <li>● <b>Fitness Testing:</b> <b>Speed 30m Sprint Test</b> 1.Measuring Heart Rate 2.Intensity - Rating of Perceived Exertion (RPE)</li> <li>● <b>Tactics:</b> Basic formations-attacking-defending.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
2	Invasion games	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>● <b>Skills:</b>Passing, Receiving, Pivoting.</li> <li>● <b>Rules:</b> 3 Second Rule, Contact/Obstruction, Offside</li> <li>● <b>Fitness Testing:</b> <b>Grip Dynamometer test</b> 1. Maximal and submaximal tests 2. Intensity - Rating of Perceived Exertion (RPE)</li> <li>● Fitness Strength training (reps)</li> <li>● <b>Tactics:</b> Shadowing and Marking.</li> </ul> <p><b>Rugby League</b></p> <ul style="list-style-type: none"> <li>● <b>Skills:</b> Passing, Receiving, Scoring, Contact/ Tagging, playing the ball.</li> <li>● <b>Rules:</b> Passing Back/Side, Restarting the game, Scoring a try, In &amp; out of touch.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment

		<ul style="list-style-type: none"> <li>● <b>Fitness Testing:</b> <b>Grip Dynamometer test</b> <ol style="list-style-type: none"> <li>1. Maximal and submaximal tests</li> <li>2. Intensity - Rating of Perceived Exertion (RPE)</li> </ol> </li> <li>● Fitness Strength training (reps)</li> <li>● <b>Tactics:</b> Keeping a defensive line.</li> </ul>		
3	Outdoor Pursuits	<ul style="list-style-type: none"> <li>● <b>Trust</b> - Orienteering (map skills).</li> <li>● <b>Cross Country</b></li> <li>● <b>Fitness Testing:</b> <b>Aerobic Endurance</b> <ol style="list-style-type: none"> <li>1. Continuous/Interval/ Fartlek Training</li> <li>2. Multi-Stage Fitness Test</li> </ol> </li> <li>● <b>Multistage fitness test</b> <ol style="list-style-type: none"> <li>1. Measuring Heart Rate</li> <li>2. Intensity - Rating of Perceived Exertion (RPE)</li> <li>3. Maximal and Submaximal tests</li> </ol> </li> <li>● <b>Trust</b> - Team Building Activities / Capture the flag.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
4	Badminton	<ul style="list-style-type: none"> <li>● <b>Skills:</b> Ways to serve an overhead clear.</li> <li>● <b>Rules:</b> Know the court lines, serve below the waste, serve over the net.</li> <li>● <b>Fitness Testing:</b> <b>Muscular Endurance</b> <b>Sit Up/ Press Up tests</b> <ol style="list-style-type: none"> <li>1. Measuring Heart Rate</li> <li>2. Intensity - Rating of Perceived Exertion (RPE)</li> </ol> </li> <li>● <b>Circuit Training</b></li> <li>● <b>Tactics:</b> 1 v1 half court. Serve correctly.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
5	Basketball	<ul style="list-style-type: none"> <li>● <b>Skills:</b> Dribbling and Shooting.</li> <li>● <b>Rules:</b> Violations (double dribble, travel) In's &amp; outs, starting and restarting the</li> </ul>	Practical observation (Practical ability & Sporting Characteristics)	Online Assessment

		<p>game, No contact (only steal the ball by intercepting).</p> <ul style="list-style-type: none"> <li>● <b>Fitness Testing:</b> <b>Power &amp; Agility - SAQ</b> <ol style="list-style-type: none"> <li>1. Illinois Agility run</li> <li>2. Vertical Jump</li> </ol> </li> <li>● <b>Tactics:</b> Formations 3-2 zone defence/ Defensive positions.</li> </ul>	assessment)	
6	Leadership	<ul style="list-style-type: none"> <li>● <b>Warm Up</b> - 3 Parts <ol style="list-style-type: none"> <li>1. Pulse Raiser</li> <li>2. Mobilising</li> <li>3. Stretches</li> </ol> </li> <li>● <b>Drills</b> - 1 skill add 1 progression.</li> <li>● <b>Games</b> - Different ways to make teams Games - Different ways to make teams.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
7	Rounders	<ul style="list-style-type: none"> <li>● <b>Skills:</b> Bat with one hand, Throwing and Catching.</li> <li>● <b>Rules:</b> Score at 2nd and 4th. Two 'No Balls' is half a rounder. Run around the outside of the posts to be in.</li> <li>● <b>Tactics:</b> Be able to get to first base without getting out.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
8	Cricket	<ul style="list-style-type: none"> <li>● <b>Skills: Batting Stance</b> - distance from the wickets, bat on the ground line. <b>Underarm bowling</b> - with one bounce - Throwing and catching over short distances.</li> <li>● <b>Rules:</b> Scoring, singles, 4's, 6's.</li> <li>● <b>Tactics:</b> How to 'call' when batting.</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment
9	Athletics	<ul style="list-style-type: none"> <li>● <b>Throwing Events:</b> Javelin &amp; Shot Put</li> <li>● <b>Sprint Events:</b> 100m, 200m &amp; Relay</li> <li>● <b>Endurance Events:</b> 400m &amp; 800m</li> <li>● <b>Jumping Events:</b> High Jump</li> </ul>	Practical observation (Practical ability & Sporting Characteristics assessment)	Online Assessment