

Year 7 PE Curriculum Map 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Overview	Introduction to PE:	Warm-ups and Skill Drills	Learn about basic skill drills	Basic Anatomy and Physiology	Learn about basic skill drills	Learn about basic skill drills
Focus	<p>Groupings and First sport Students will be grouped by ability based on 4 weeks of assessment in 10 different sports or skill-based games.</p> <p>From this they are set in to higher and lower abilities before moving their first sport.</p> <p>The focus of their first sport will be understanding the basics of warm up and drills for that sport.</p>	<p>Students will move on to their second set of sports, the focus from here will move to understanding the 3-part warm-up. By the end of the term they will be expected to lead their own warm up in small group in each sport.</p>	<p>In each sport, students will have learned about basic skill drills in each sport, led by the teacher.</p>	<p>Students will continue to lead their own Warm-ups, with the teacher introducing basic knowledge of the body e.g. Muscles and bones of the body. These will be taught in relation to stretches in the warm-up.</p>	<p>In each sport, students will have learned about basic skill drills in each sport. Students will learn how to lead their own small sided skill drill in each of their sports. They will research and plan a 10 minute drill, that they will lead in lesson time.</p>	<p>Students will demonstrate all of the skills they have learned in warm-up skill drills and knowledge of A&P. They will lead their own warm-ups using correct terminology for muscles and bones. In each sport, students will have learned about basic skill drills in each sport. Students will learn how to lead their own small sided skill drill in each of their sports. They will research and plan a 10 minute drill, that they will lead in lesson time.</p>
Assessment	<p>Students will be assessed on their ability to perform in small skill drills before playing in small sided games.</p>	<p>Students will be assessed on their ability to perform in small skill drills before playing in small sided games.</p> <p>Students will be questioned on their knowledge of how to led a warm-up.</p>	<p>Students will be assessed on their ability to perform in larger more complex skill drills before playing in small sided games.</p>	<p>Students will be assessed on their ability to perform in larger more complex skill drills before playing in small sided games.</p> <p>The teacher will question students about different aspects of the body to test their knowledge.</p>	<p>Students will be assessed on their ability to perform in larger more complex skill drills before playing in small sided games.</p> <p>Students will be assessed by the teacher on their ability to lead a small sided skill drill.</p>	<p>Students will be assessed on their ability to perform in larger more complex skill drills before playing in small sided games.</p> <p>Students will be assessed by the teacher on their ability to lead a small sided skill drill.</p>