

23/24 KS3/Y7 PE Curriculum Overview

Year	Autumn 1 (Sept-Oct)		Autumn 2 (Nov-Dec)		Spring 1 (Jan-Feb)		Spring 2 (Mar-Apr)		Summer 1 (May-Jun)	
Year 7 AL, ZD	Introduction to PE: Establishing the Learning Environment Active Play: Dribbling, Striking, Kicking Football 3 Weeks / Basketball 3 Weeks	Active Play: Dribbling, Throwing, Catching Hockey / Handball / Frisbee	Active Play: Net and wall Tennis / Four Square / Badminton / Volleyball	Creative and expressive movement: Gymnastics / Dance	Active Play: Striking and Fielding Rounders/ Softball / Cricket / Kickball	Active Living / Health Related Fitness	Athletics / XC House activities	Outdoor Adventurous Activities (OAA) Teamwork, Cooperation, Decision-making	Invasion and Cooperative Games Rugby, Football, Basketball, Handball, Hockey, Frisbee	Swimming / Core Aquatic Skills

Year 7 PE Curriculum: In Year 7, the PE curriculum is designed with the following intentions:

- **Skill Development and Game Awareness:** Students will progress in their understanding of various games, learning fundamental techniques and rules. They will focus on refining their skills in sending and receiving, enabling them to maintain possession during conditioned competitions.
- **Performance Assessment:** Pupils will learn how to evaluate their own performance across a range of contexts. They will compare their performance against specific success criteria and identify simple strategies for enhancing their abilities.
- **Gymnastics and Dance:** Students will actively participate in gymnastic and dance activities. Through engagement in these activities, they will enhance their proficiency and confidence in executing a variety of movements.
- **Athletics Exploration:** The curriculum introduces athletics activities, providing students with insights into event setups, techniques, and rules. This foundation will foster their understanding of basic athletic principles.
- **Fitness Assessment:** Pupils will undergo fitness testing to assess their current fitness levels. This process aids in gauging their physical capabilities and progress. Additionally, they will develop an awareness of the positive impact of exercise and extracurricular sports on overall health.
- **Progression from KS2:** Building upon the foundational knowledge acquired in Key Stage 2, students will expand their comprehension of games, gymnastics, and athletics activities. Furthermore, they will be introduced to new activities that foster sport-specific skill development

By the end of Year 7, students will have achieved a well-rounded understanding of physical education, encompassing skill refinement, self-assessment, exposure to various activities, and an appreciation for the importance of fitness and health.