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Queen Elizabeth's Girls' School

Educating Women of the Future

Physical Education Year 7

Academic Year on half term rotations

Units of work	Knowledge	Skills
<p>The following units will be completed on a rotational basis throughout the academic year:</p> <p><i>Swimming</i> <i>Dance</i> <i>Gymnastics</i> <i>Athletics</i> <i>Outwitting</i></p>	<p><i>Pupils will explore a range of core and advanced skills in a variety of different sports through both isolated and competitive situations.</i></p>	<p>Pupils will be expected to develop competence in a wide range of core skills with consistency, accuracy, control and fluency in both isolation and competitive situations. Some advanced skills may also be explored.</p> <p>They will develop physical fitness and psychological control to perform with good effectiveness.</p> <p>They will learn to select and use the appropriate skills.</p> <p>They will develop competence in applying team strategies, tactics, compositional ideas and demonstrate a good understanding of the activity being undertaken.</p>

Key Terms: Consistency, accuracy, control, fluency, tactics, strategies, analyse, evaluate

Course materials: Correct PE kit as per activity requirements.

Homework will include: On occasions homework may be set in PE. This may include written tasks or a practical task.

Assessment details:

When will the assessment take place?

Pupils are assessed in PE on an ongoing basis in lessons. There is a final assessment opportunity at the end of the unit of work.



Year 7 PE - individual sport breakdown of assessment

Swimming	Gymnastics	Dance
<p>Core skills</p> <ul style="list-style-type: none"> Starting Finishing Body position Leg action Arm action Breathing Timing <p>Advanced skills</p> <ul style="list-style-type: none"> Racing starts Race finish Stroke number/pacing Optimal breathing techniques <p>Decision making and tactical awareness</p> <ul style="list-style-type: none"> Timing of breathing How far to travel underwater after a start/turn Application of strategy to sprints and longer races and the difference this makes to your stroke Awareness of the rules and regulations of the sport 	<p>Core skills:</p> <ul style="list-style-type: none"> Rolls – log roll, side roll, forward roll Balances using different parts of the body Cartwheels Jumps/leaps Twists/pivots Steps Dance elements Transitions <p>Advanced skills:</p> <ul style="list-style-type: none"> Rolls - forward/backwards to straddle, dive forward roll, handstand forward roll. Balances - one and 2 point balances and inverted balances. <p>Decision making and application of compositional ideas/choreography</p> <ul style="list-style-type: none"> Composition of routine How to respond to and interpret the music How to ensure that the routine flows Body awareness, how to move effectively, smoothly and precisely Use of flight, when to move Acceleration/deceleration of movements Spatial awareness, how to make full use of the space that you have Use of showmanship to impress judges 	<p>Core/ advanced skills</p> <ul style="list-style-type: none"> Leaps Balances Turns and traveling Step patterns <p><i>Advanced technique will show high levels of:</i></p> <ul style="list-style-type: none"> Body tension/ extension, Coordination of body parts Balance Control of body shape Expression <p>Decision making and application of compositional ideas</p> <ul style="list-style-type: none"> Difficulty of routine Choreography of routine <p>Responses and Interpretation to music</p> <ul style="list-style-type: none"> How to ensure the routine flows Body awareness and ensuring that you choose movements that work well for you Use of flight – leaps Acceleration/deceleration of movements Spatial awareness and moving into space When to use showmanship to impress judges



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Outwitting

Core skills (to include dominant side only)

- Dribbling
- Passing
- Receiving
- Attacking principles
- Defending principles - marking player
- Shooting
- Positioning - comfortable in 1 position

Advanced skills (to include non dominant side)

- Dribbling
- Passing - on move
- Receiving
- Attacking principles
- Defending principles - marking player/ space
- Shooting
- Positioning - comfortable in a range of attacking and defending positions.

Decision making and tactical awareness

- When to pass/shoot/dodge
- Where to pass/shoot/dodge
- Which pass to make
- Awareness of team strategies/tactics in both attacking and defending situations
- Attacking positioning on the court
- Defensive positioning on the court
- Awareness of strengths/weaknesses and actions of other players
- Awareness of the rules and regulations of the game and their application (including refereeing signals)

Athletics

Track events *100m, 200m, 800m, 1500m*

Core skills

- Starting
- Finishing
- Posture
- Leg action
- Arm action
- Head carriage

Advanced skills

- Starting: Use of Blocks (where relevant)
- Leg action: Foot strike/ Cadence
- Bend running (where relevant)
- Stride pattern/pacing

Decision making and tactical awareness

- Pre-race tactics
- Changing and adapting your race tactics
- Positioning in the field
- Timing of kicking for the finish line
- When to dip for the finish line
- Awareness of the rules and regulations of the event

Jumping events *High Jump, Long Jump*

Core skills

- Approach
- Synchronisation of arm and leg action
- Take off/pole plant
- Flight
- Landing

Advanced skills

- Approach: Hitting appropriate speed for take off
- Efficient transition between phases
- Flight: Appropriate elevation
- Landing: movement of the body beyond the initial contact

Decision making and tactical awareness

- Pre-event tactic
- Appropriate distance/number of steps chosen for run up
- Awareness of the rules and regulations of the event

Throws *Shot, Discus, Javelin*

Core skills

- Initial stance
- Grip
- Throwing action
- Release phase
- Recovery phase/follow through

Advanced skills

- Travel: use of cross step/glide (where applicable)
- Release phase: Appropriate angle of release
- Efficient transition between technical phases of the movements

Decision making and tactical awareness:

- Awareness of the rules and regulations of the event