



# Curriculum Overview

## Curriculum Area: Physical Education

Year: 7

### **Year 7 Curriculum:**

At Longridge High School we provide a high-quality physical education curriculum that inspires all pupils to enjoy, succeed and excel in competitive sports and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness and provide them with the knowledge and opportunities to lead healthy and active lives.

All pupils in Year 7 will study the following curriculum content, which will be delivered on a rota throughout the year:

### **Fundamental movement skills**

Pupils will take part in a range of activities that focus on the fundamental physical skills of agility, balance and coordination. These are core skills that form the building blocks for all other sports and activities in PE. Pupils will practise fundamental movement skills individually and work in pairs/ groups to choreograph routines using dance and gymnastics techniques.

### **Team sports:**

Pupils will learn and practise a range of core skills such as ball control, passing, intercepting, and evading to overcome opponents in direct competition through team sports [for example, basketball, football and netball]. Pupils will learn basic rules in order to compete in conditioned drills and game scenarios.

### **Individual activities**

Pupils will learn and practise core skills such as the underarm clear and net shot in badminton and a push shot and drive in table tennis, to overcome opponents in direct competition through individual sports. Pupils will learn the basic rules of table tennis or badminton in order to compete in pressured drills and game scenarios. In athletics pupils will cover a range of track and field events including: 100m, 200m, 800m and 1500m, long jump, discus and shot put.

### **Outdoor education**

Pupils will take part in outdoor activities which include team building, cross country and orienteering. These activities present intellectual and physical challenges and encourage pupils to work in a team, building on trust and developing skills to solve problems, both individually and as a group, as well as developing resilience and independence.

### **Striking and fielding**

Pupils will learn the core knowledge required bat, bowl and field in rounders and cricket. Pupils will practice batting, bowling and fielding techniques, as well as learning the basic rules of cricket and rounders in order to participate in

### **Links to National Curriculum**

Our curriculum for physical education aims to ensure that all pupils have the core knowledge to:

- 1) Develop competence to succeed and excel in a broad range of physical activities
- 2) Be physically active for sustained periods of time
- 3) Engage in competitive sports and activities
- 4) Lead healthy, active lives.

### **Knowledge and understanding of this curriculum will be assessed by:**

In Year 7, pupils will be formally assessed three times throughout the year. Pupils will be assessed in the following 3 strands:

#### **Declarative knowledge:**

This will assess what the pupils know through using a range of questioning techniques, mini-plenaries, pupil feedback, and a range of modelling techniques.

#### **Procedural knowledge:**

This will assess that the pupils know how to apply a range of skills, decision making and physical attributes when performing individually or as part of a team.

### **Powerful Knowledge/Cultural Capital Opportunities**

In Physical Education, all pupils will be taught the importance of sport as a National Institution and be aware and understand the role of supporters and allegiances formed across sporting settings. Physical Education is a platform to teach pupils to cope with both success and failure in competitive, individual and team based physical activities, as well as understanding the importance of working within a team for social, physical and emotional well-being. Physical Education offers excellent opportunities to develop a healthy life-long love of physical activity through a wide variety of sport and physical skills which will enhance life-long fitness and life choices. All pupils will conduct themselves when they compete in a manner that will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.