






Year 7 Physical Education Curriculum

Skill Development	Analysis of performance	Tactics and strategies	Healthy, active lifestyles	Anatomy and Physiology
Engage in competitive sports and activities. Develop technique & improve performance. Broad range of physical activities.	Analyse (KS3) and evaluate (KS4) performances.	Use a range of tactics and strategies.	Lead healthy, active lifestyles.	
				
<p>In Year 7 students will be introduced to the 4 generic sports skills required for success through different activities</p> <p>Locomotor (movement skills) Object control (with hands and feet) Stability (static and dynamic) Teamwork (OAA).</p> <p>Students will then be taught to apply these generic skills to the following activity areas</p> <p>Invasion games. Athletics. Aesthetics. Net games. Striking and fielding.</p>	<p>Identify strengths and areas for development in their own and other's performances.</p> <p>Use basic key vocabulary associated with the activities which they participate in.</p>	<p>Students will be taught how to respect the officials, rules and regulations for each activity that they participate in.</p> <p>Through practical experiences and increased knowledge, students will develop the ability to make decisions on which skill to use at which time</p>	<p>Students will be able to identify the three phases of a warm up. We will teach students some short term effects of exercise including</p> <ul style="list-style-type: none"> • Breathing gets faster & deeper • Heart rate increases • Muscle fatigue <p>Identify some components of fitness (endurance, speed, strength)</p> <p>Each term all students will have the opportunity to participate in a range of extra-curricular activities with a focus on participation and enjoyment.</p>	<p>We will teach students the name and location of some of the bones</p> <ul style="list-style-type: none"> • Humerus • Radius • Ulna • Femur • Tibia • Fibula <p>and muscles.</p> <ul style="list-style-type: none"> • Hamstrings • Quadriceps • Biceps • Triceps

Activity rotations: Each teaching group will rotate around a number of different activities throughout the year to allow the above to be taught through practical experiences. These activities include OAA (outdoor and adventurous activities), dance, gymnastics, football, netball, rugby, fitness, handball, striking and fielding activities and athletics.

