



St George's School
PE Department
Year 7 Curriculum Map

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7
THE BIG IDEAS & KNOWLEDGE <i>Overview of topics or key questions</i>	Invasion Games Pupils will learn how to recognise space and attack space Pupils can defend space and opposition, applying pressure	Traditional Team Games Pupils will develop their core skills required in rugby and lacrosse.	Aesthetic Activities Pupils will challenge their body shapes, control and movement through dance and gymnastics stimuli. They will create short routines of body movements focusing on remaining stable while incorporating control.	Health and Well-being Introduction to different methods of training for fitness and wellbeing.	Netwall Games Introduce core skills to outwit opponents in netwall games. Develop correct replication of skills. Learn how to apply these core skills in game scenarios.	Athletics Pupils will learn specific techniques to be able to run, throw and jump in a range of athletic events. They will begin by exploring the fundamental stages of throwing, running and jumping.	Striking and Fielding Pupils will learn a number of specific techniques to strike a ball into space.
SKILLS & STRATEGIES <i>Procedural knowledge, literacy and numeracy skills</i>	Passing and catching at varying heights and with varying implements. Develop an understanding of how to physically move to find space. Understand attacking and defensive strategies and how they are used.	Passing and catching, space ID, defensive skills and game awareness. Maintaining possession. Executing techniques safely	Paired balances, counter tension, counter balance, cannon, unison, characterisation, changes of levels, transitions and dynamics. Create short routines incorporating balances, group work, motifs and themes.	Introduce warm up and cool downs, short term effects of exercise on the body and mindfulness.	Develop core skills including forehand, backhand, smash, push, block, dig and set shots. Introduce basic body positioning on the court.	Pupils will be able to identify different throwing, running and jumping strategies. Introduce basics of event procedures	Pupils will use co-ordination skills to form contact with bat on ball Pupils will be able to replicate correct movements when batting and fielding.

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FEEDBACK <i>Noteworthy tasks and assessments</i>	Complete end of unit pupil feedback form						
		Students led huddles mid and end of game.	Pupils will create a routine to perform to the class in the final lesson	Pupils will create their own warm up and cool down routines.		Metrics (distance, time)	
BREADTH <i>Opportunities, trips, wider reading, cultural capital</i>	<p>At various times through the year, the following activities are offered beyond PE lessons: Rugby, Lacrosse, Netball, Cross Country, Athletics, Cricket and Rounders. Recreational badminton, table tennis, Dance</p> <p>Inter-house competitions for: Cross Country, Badminton and Basketball, Dance, Tennis, Rounders, Cricket, Athletics (Sports' Day)</p>						
KEY VOCABULARY <i>Important words and phrases</i>	Physical Literacy Passing and receiving Dodging, evasion and acceleration Decision Making Recognising space Teamwork Verbal and visual cues Attitude RAMP Resilience Determination	Physical Literacy Performing core skills with control and confidence Decision Making Attacking space Teamwork Supporting role on the pitch Attitude Positive attitude to learning new skills Space awareness Scan, adapt, act	Physical Literacy Perform skills with control, fluency and tension Decision Making Sequence a performance. Teamwork Working in groups to create a routine Attitude Comfort zones. Aesthetically, Pleasing, Control Coordination, Balance, Dynamics Levels, Unison, Canon, Motif Transition, Body management	Physical Literacy Perform movements with correct technique Decision Making Choosing skills for a warm up Teamwork Peer of peer support Attitude Developing growth mindset towards health & well-being Mindfulness, HR, RAMP, Effects of exercise	Physical Literacy Perform skills with control and some accuracy Decision Making Judgement of point of contact Teamwork Working with peers to develop skills Attitude Preserve to make contact at the correct time. Grip, Point of contact, Racquet placement, Court positioning, Timing of shots	Physical Literacy Perform movements with control Decision Making When is it to safely perform event Teamwork Working in pairs/groups Attitude Determination to replicate correct movements Warm up, Cool down, Leg drive, Sprint, Speed, Take off, Landing, Power, Safety	Physical Literacy Perform core skills with control Decision Making When to strike the ball Teamwork Communicating when fielding Attitude Resilience to keep working on core skills in games Stance, Anticipation, Timing, Positioning, Preparation, Speed

