

Year 7 Physical Education Medium Term Plan

Unit	Duration (lessons)	Learning Objectives/Outcomes
Table Tennis	8	<ul style="list-style-type: none"> • Safe use of equipment • Basic grip (European) • Intro of backhand push • Recap backhand push rally • Backhand push footwork intro • Introduction of forehand drive • Development of K&U of scoring system in TT • To implement backhand and forehand combination / shot selection • Develop K&U of when to use different shots • Introduction of forehand push service • K&U of service rules for development into gameplay • Development of service technique in isolation and gameplay • Development of shot selection within competitive situation • Assessment lesson to summative assess performance • Recap of all major skills / rules from unit • Formative assessment will have taken place throughout
Rugby	8	<ul style="list-style-type: none"> • Tackling technique • Tackling in game situations, basic Rugby League rules • The play of the ball • Scoots and drives from the ruck area, develop rugby game understanding • Passing technique, 2v1 situations • Using passing skills in game situations, further develop game understanding, basic moves • Kicking technique (grubber, chip,) • Summative assessment – Competitive game situations

Dance	8	<ul style="list-style-type: none"> • Use images of Rock and Roll dance to create skills – learn basic steps and holds • Add jive footwork step with arms – pairs to include into routine • Take pairs and create small groups – create entrance/start to dance • Teach toe heel step and students work on different combinations – add into routine. MID-POINT ASSESSMENT • Add Canon section • Add a travelling section – discuss style • Create and ending/exit
Netball	8	<ul style="list-style-type: none"> • Short passing (chest & bounce) • Long Passing (overhead & shoulder) • Footwork part one • Footwork part two & Introduction to positions • Attacking skills: Dodging (sprint & feint) • Attacking skills: Interceptions & recap positions of play • Defending skills: Man to man marking • Positions of play & responsibilities on court • Shooting • Shooting development and match play
Hockey	8	<ul style="list-style-type: none"> • Introduction of basic dribble, ready position and stop • Recap dribble, ready position and stop. Introduce push pass • Recap push pass and introduce open stick dribbling varying direction • Recap dribbling, introduce square pass left and right, open stick • Introduce reverse stick control. Reverse stick pull back into square pass right • Introduction of block tackle and safe tackling back. 1 v 1 game • Recap tackling. Possession games 2 v 2 • Introduce 'slap hit'. Introduce small games, apply skills covered
Gymnastics	8	<ul style="list-style-type: none"> • Develop the correct landing technique, equipment familiarisation • Develop tuck, star, and straight jumps • Add jump half turn, straddle and pike jump develop a jump sequence in threes • Develop squat and straddle on vaults • Develop the straddle over and squat through vaults • Best gymnastics vaults and jumps for summative assessments

Football	8	<ul style="list-style-type: none"> • Game Introduction – play a variety of conditioned SSG – Initial Assessment • Develop individual movement with the ball (dribbling and turning 1v1 skills) • Short Passing technique and use in game situations • Long Passing technique and application in game situation • Finishing techniques in a variety of different game situation • Defending 1v1 technique and application in game situations • Combination play in small sided games
Fitness	8	<ul style="list-style-type: none"> • Understanding of different training methods • How to develop cardiovascular fitness through continuous training • CV Fitness testing and use of normative data to asses performance • Developing circuit training to develop different components of fitness • Interval training through cross country running
Athletics	8	<ul style="list-style-type: none"> • To introduce students to the correct sprinting technique • To continue to develop students understanding of correct running technique • To introduce students to relay changeover with a focus on the down sweep action • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to the Frosby Flop technique • Develop students' ability to observe and feedback on performance • To introduce students to basic jumping technique