

# Year 7 Physical Education Overview

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

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

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