

Year 7 Curriculum Overview Physical Education 2023-24

	Rotation 1	Rotation 2	Rotation 3
Unit Title	Core skills	Invasion games, net and wall games and aesthetic performance events.	Striking and fielding and athletics
Approximate Number of Lessons	10	6 lessons on each sport.	6 lessons on each sport
Curriculum Content	Passing skills Dribbling skills Movement skills Principles of attack and defence	<ul style="list-style-type: none"> - Football - Netball - Tag Rugby - Handball - Fitness - Gymnastics - Badminton - Basketball - OAA/Problem Solving - World Sport 	<ul style="list-style-type: none"> - Cricket - Rounders - Athletics - Short Tennis - Leadership
Links to prior learning	Develop and refining skills learnt in primary school.	Develop and refining skills learnt in primary school.	Develop and refining skills learnt in primary school.
Cultural Capital Opportunities	Keep up to date with current events in sport. Watch live sport. Attend a local sporting event. Attend extra-curricular clubs at MCA.	Keep up to date with current events in sport. Watch live sport. Attend a local sporting event. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall/Brandon/Lakenheath Football Club - Mildenhall Pirates/ Bury Bulldogs Basketball club - Breckland Netball Club - Badminton at The Hub Mildenhall. - The Gym at Mildenhall Hub 	Watch live cricket/rounders/athletics events. Keep up to date with current events in sport. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall Cricket Club/ Worlington Cricket Club - Attend West Suffolk Athletics Club/ Thetford Athletics Club
Assessment Focus	Teacher assessment of skill development throughout the unit.	Teacher assessment of skill development throughout the units using the Heart, Head, Hands and TRAITS model.	Teacher assessment of skill development throughout the units using the Heart, Head, Hands and TRAITS model.
Name of Knowledge Organiser	Year 7 Core Skills knowledge organiser.	Year 7 sport specific knowledge organisers.	Year 7 rounders/cricket/athletics knowledge organisers.

Overhead Clear Net shot Doubles
Outwitting Opponents

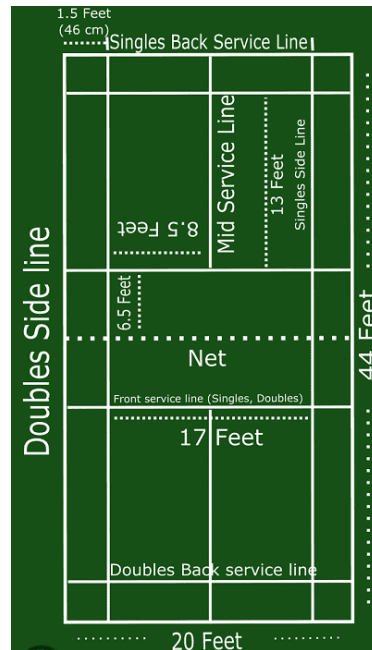
Abbeygate Badminton Club – Bury St Edmunds,
You can hire badminton courts at your local
sports centre, After-school/lunchtime clubs.

Playing at home/in the local area against a friend or family member.

You must serve underarm and below the waist.

You can only hit the shuttlecock once on either side of the net.

It is the first to 21 points, with two points clear.



Important components of fitness

Agility	To move around the court quickly, to return the shuttlecock.
Balance	To maintain your body position when reaching for the shuttlecock.
Co-ordination	To be able to make contact with the shuttlecock.
Power	To be able to hit the shuttlecock further and out of reach of your opponent.
Reaction time	To be able to react quickly, to move around the court, to return the shuttlecock before hit hits the ground.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Serving

How do I serve to start a match?

- Backhand flick serve
- Underarm swing serve

Lesson 2

Overhead Clear

How can I move my opponent to the back of the court?

- Side on.
- Racket high behind your head.
- Point at the shuttlecock with your other arm.
- Follow through with your racket.

Lesson 3

Net Shot

If my opponent is at the back of the court, where could I place the shuttle?

- Lunge forward onto your racket foot
- Racket arm outstretched
- Other arm and leg extended behind you
- Lift racket lightly towards shuttle

Lesson 4

Scoring

How do I score a badminton match?

- First to 21 points, 2 points clear.
- If the score gets to 29-29, first to 30 wins.

Lesson 5

Singles/Doubles

What are the differences between
singles and doubles?

- Change of court size when serving and playing.
- Teamwork – how can you work together?

Lesson 6

Outwitting Opponents

How can I outwit my opponent using the skills learnt in this unit?

- Combining a variety of different serves and shots during game situations.

How will I be assessed?

Ongoing in practical lessons throughout the year.

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Year 7 Handball



Key Terminology

What words do I need to know and use?

Dribbling Defence Jump Shot

Shoulder Pass Bounce Pass Travelling

Further Opportunities

Where can I play Handball outside of school?

Ipswich Handball Club, MCA after school club

What can I do at home to improve?

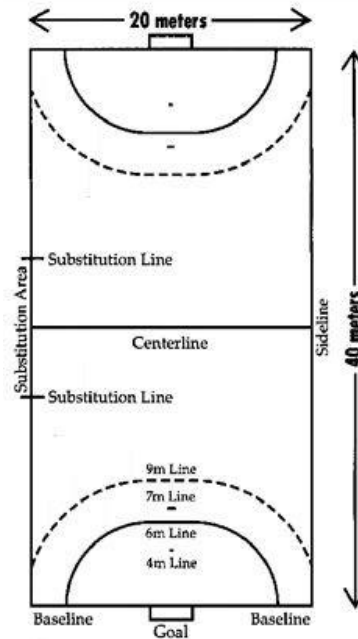
Practicing passing and dribbling at home with friends and family.

Basic Rules

Travelling – You have three steps with the ball in your hand, before you pass, shoot or dribble.

Double dribble – You cannot bounce the ball with two hands. You cannot dribble, stop and hold the ball, and then dribble again.

No shooting in the D – You must release the ball before your feet make contact with the ground in the D.



Important components of fitness

Agility	To be able to change direction around the court, dodging opponents.
Speed	To be able to move from defence into attack in a break.
Co-ordination	To be able to throw and catch the ball accurately and under control.
Power	To be able to throw long distances and make shots harder to save.
Muscular Endurance	To be able to continue moving around the court without your muscles tiring.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Passing

Lesson 2

Moving

Lesson 3

Shooting

Lesson 4

Defending

Lesson 5

Attacking

Lesson 6

How will I be assessed?

Ongoing in practical lessons throughout the year.

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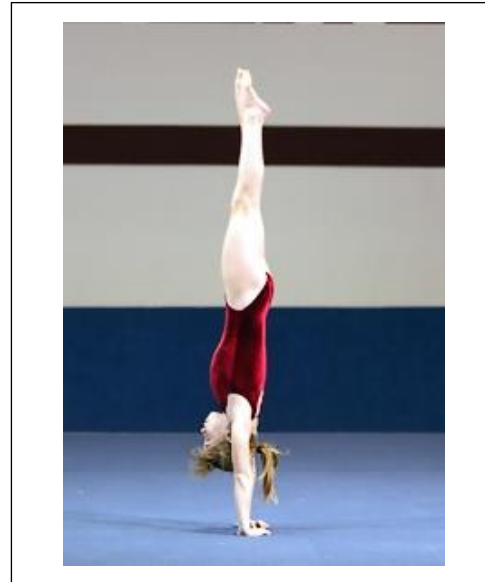
Year 7 GYMNASTICS



Key Terminology

What words do I need to know and use?

Balance Travel Transition
 Routine Counter Balance
 Tension Posture Extension
 Fluency Aesthetics Unison
 Match and Mirror



Important components of fitness

Balance	To hold a position without falling during performance
Flexibility	To demonstrate a wide range of motion and complete actions with good technique
Muscular strength	To generate the power needed for travel movements and to hold static positions
Power	To generate enough momentum to complete travel movements
Coordination	To perform travelling actions with fluency

Further Opportunities

Bury Spectrum Gymnastics Club, Bury St Edmunds

At home you could complete a regular stretching routine to increase flexibility.

Basic techniques and skills

Forward Roll Pencil Roll Cartwheel
 Teddy Bear Roll Leap
 Twist
 Handstand Partner balance
 Basic shape jumps (tuck, straddle, pike)
 Individual Balances

Lesson Overviews

Lesson 1:	Lesson 2:
Basic Travel Movements Different travel movements will be explored including rolls, spins and jumps.	Aesthetically Pleasing Performances Focus on rotational travel movements and how posture and tension contribute to aesthetically pleasing performances
Lesson 3:	Lesson 4:
Performing Balances Basic shapes and individual balances will be explored. These will be linked to basic travel movements.	Partner Balances Partner balances will be developed with a focus on balances which are in performed in unison or that match or mirror each other.
Lesson 5:	Lesson 6:
Group Balances Group balances and the concepts of counter-balance and counter-tension will be explored.	Developing Routines Sequences including a range of travel movements, individual balances and partner balances will be developed.

How will I be assessed?

Continually throughout practical lessons. Students will perform a routine, including a range of travel movements and balances, with a partner as part of their assessment. Peer and self-assessment will be included.

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Year 7 Basketball



Key Terminology

What words do I need to know and use?

Dribbling Chest pass Bounce pass
Overhead pass Travel Double dribbling
Possession Teamwork Attack
Defence

Further Opportunities

Bury Bulldogs, Bury St Edmunds
Mildenhall Pirates, Mildenhall
After school club, MCA

What can I do at home to improve?

Practice dribbling and passing with friends.

Basic Rules

Double Dribble – you can't bounce the ball with two hands and once you have dribbled and caught the ball you need to pass or shoot.

Travel – you can only take 2 steps with the ball.

Back court – once the ball has been passed over the half way line it can't be passed back.

3 seconds – you can only stay in the attack key for 3 seconds before moving out.



Important components of fitness

Agility	To dribble around players and keep possession
Co-ordination	To keep control of your dribble and be able to look up.
Power	In a pass so that it doesn't get intercepted and to gain jump height.
Speed	To transition from attack to defence
Aerobic endurance	To be able to sustain play for the duration of the game.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1	Lesson 2
<u>Dribbling</u>	<u>Developing passing technique</u>
Use your finger tips Looking up and not at the ball. Bounce the ball back up to hip height.	Chest pass – hands in a triangle behind the ball and step into the pass. Bounce pass - step into the ball and get it to bounce 2/3 of the way to the person you are passing to.
Lesson 3	Lesson 4
<u>Defensive stance</u>	<u>Lay-ups</u>
Feet shoulder width apart Eyes on the ball One arm at 90 degrees to stop a pass and the other high to protect the shot.	Controlled dribbling 2 hands on the ball 2 steps with the ball Aim for the corners of the in rectangle on the back board.
Lesson 5	Lesson 6
<u>Set shots</u>	<u>1v1 attacking</u>
Balance Eyes Elbow Follow through	Using your elbow to protect the ball and draw a contact foul. Keeps your eyes up and the ball under close control.
How will I be assessed? Continual assessment throughout the unit. Through isolated and conditioned practices.	

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Year 7 fitness



Key Terminology

What words do I need to know and use?

Warm up intensity healthy Heart rate
bodyweight calories fitness

Further Opportunities

Where can I improve my fitness outside of school?

Abbeycroft leisure centre- Mildenhall hub
Parkruns (Saturday 9am)- Brandon, Thetford

What can I do at home to improve?

Bodyweight circuits

Continuous runs

Basic Concepts

Healthy active lifestyles

Design and lead own warm ups

Be able to take own heart rate



Important components of fitness

Muscular endurance	Press ups, lunges, squats etc. Circuit exercises over 30 seconds.
Aerobic endurance	Continuous runs.
Speed	Shuttle runs.
Power	Jump squats, jump lunges, burpees.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

The physical activity recommendations for young people: Boot camp circuit, fartlek activity.

Lesson 2

Why we warm up: teacher lead warm up, students design and lead own warm ups.

Lesson 3

How different intensities effect the body. Students will be lead through activities at different intensities.

Lesson 4

How exercise affects HR and body. Students will take and monitor HR throughout lesson followed by discussions.

Lesson 5

How exercise maintains a healthy bodyweight. Activities to show how many calories are burned through certain activities.

Lesson 6

How moderate intensity exercise benefits health. Continuous run followed by comparison activity.

How will I be assessed?

Ongoing assessment throughout practical lessons.

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Year 7 Rugby



Key Terminology

What words do I need to know and use?

Ball handling Pass from the hip overload
backwards passing flat line pencil position

Further Opportunities

Where can I play Rugby outside of school?

Mildenhall red lodge rugby club,
Mildenhall

Bury St Edmunds RUFC, Bury.

Afterschool club, MCA.

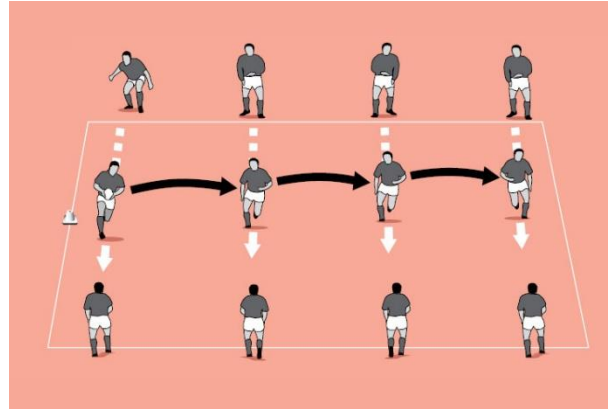
What can I do at home to improve?

Practice ball handling and passing with a
friend/relative.

Work on speed and agility

Basic Rules

Ball carry- in both hands. To score- ball must
be placed onto the floor. Passing must be
backwards. Students presenting technique.



Important components of fitness

Agility	Beat an opponent whilst in possession of the ball.
Speed	When attacking the space getting past an opponent.
Co-or	Passing and receiving the ball.
Muscular endurance	During gameplay to keep up level of play.
Aerobic endurance	During gameplay to keep up level of play.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

To understand handling skills and some basic rules. Ball must be carried in both hands. To score, the ball must be placed onto the floor.

Lesson 2

To understand how to pass and catch the ball. Pass from hip, hands to the target, eyes to the target. Hands out and ready to receive the ball.

Lesson 3

To be able to beat an opponent whilst in possession of the ball. Attack the space. Speed and agility.

Lesson 4

To be able to understand and create an overload. Small sided games- passes must be backwards. 4v2 3v1 (more attackers).

Lesson 5

Understand and create a flat line when defending. Defending team hold bibs during 4v4 games to keep flat line. Move side to side.

Lesson 6

Students will know how to present the ball correctly. Fall on knees, then hips then shoulders before presenting ball in pencil position.

How will I be assessed?

Ongoing assessment through practical lessons.

MCA Physical Education

Year 7 Football



Key Terminology

Dribbling Passing Shooting
Marking Turning Attacking
Defending Teamwork Possession



Important components of fitness

Agility	To be able to change direction quickly to dribble away from an opponent
Aerobic endurance	This is needed to be able to run up and down the pitch for 90 minutes
Balance	Used when keeping possession off the ball and trying to protect the ball from an opponent
Power	Used when shooting to kick the ball with as much force as possible
Reaction time	Used when receiving a pass as you need to get your body in the correct position

Further Opportunities

Local clubs – Lakenheath, Bury, Brandon, Ely, Isleham, Thetford, Mildenhall, MCA lunchtime/after school club

Practice at home – Kick ups, cross bar challenge, dribble through cones

Youtube – F2

Basic Rules

Handball – If the ball hits a players arm below their shoulder free kick will be given to the other team

Foul – A player commits a foul if they may contact with another player without kicking the ball

Pass back – Your goalkeeper is not allowed to pick up a pass from his own team.

Possession – Whoever the ball came off last when leaving the pitch the other team start with possession of the ball

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1 Passing Look where you are passing Non-kicking foot next to the ball for balance Strike the ball with the inside of your foot to help keep control	Lesson 2 Dribbling Head up when dribbling Use both the outside and inside of your foot Keep the ball as close to you as possible	Lesson 3 Shooting Head and knee over the ball when shooting Strike the ball with the inside of your foot Have your arms out to the side to help keep balance
Lesson 4 Attacking Keep the ball away from the defenders Keep moving to create space for others Keep possession of the ball	Lesson 5 Defending Use both man and zone marking Watch the ball when defending an attacker Use a low body position when tackling	Lesson 6 Gameplay Use effective teamwork Use good communication skills Demonstrate sportsmanship and leadership qualities

How will I be assessed?

Ongoing teacher assessment through practical Physical Education lessons.

MCA Physical Education

Year 7 NETBALL



Key Terminology

Chest Pass	Obstruction	Pivot
Shoulder Pass	Contact	Space
Bounce Pass	Marking	
Footwork	Shooting	
Defence	Attack	

Further Opportunities

Breckland Netball Club – Mildenhall

Jetts Netball Club – Bury St Edmunds

What can I do at home to improve?

Practice passing and shooting with friends or against a wall.

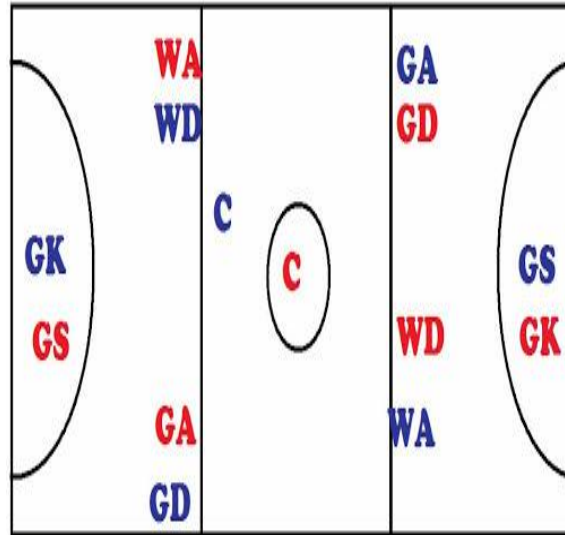
Basic Rules

Footwork – You cannot move with the ball. When landing feet must either land at the same time or 1, 2. The first foot to land can be your pivot foot.

Obstruction – You must be 3 feet away when marking the ball. Penalty awarded if so.

Contact – You must not make contact with another player. Penalty awarded if so.

3 seconds – You can only hold the ball for 3 seconds before you must pass. If longer a free pass is awarded.



Important components of fitness

Agility	Be able to change direction quickly to move into a space or away from a player.
Balance	Not falling over when having the ball in hands either to pass or shoot.
Aerobic Endurance	To be able to sustain play for the duration of the game.
Power	In a pass so that it doesn't get intercepted.
Reaction time	To react to the ball being passed to you, an interception or the umpires whistle.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

What does good technique for chest/shoulder/bounce pass look like?

- Body position
- Head position
- Arm and leg position
- Angle of release
- Power of pass

Lesson 2

What is the 'footwork' rule in Netball?

- When catching the ball a player can either have both feet already grounded, or land on either 2 feet simultaneously or land '1,2'.
- The landing foot can only be used to pivot.

Lesson 3

Why is space important in a game of Netball?

- Movement into a free space.
- Maintaining possession of the ball.
- Looking for a player to pass too.

Lesson 4

How can you make it more difficult for an attacker to pass the ball?

- Marking the ball
- Arm and body position.
- Balance
- Follow the ball.

Lesson 5

What is the correct technique for shooting in Netball?

- Ball above head.
- 2 hands on the ball.
- Bend knees on release.
- Extend arms towards the post.

Lesson 6

Why are there positions in netball? What are the key roles for each position?

- 7 different positions.
- GS, GA, WA, C, WD, GD, GK
- Court split into thirds, only allowed in certain areas.

How will I be assessed?

Ongoing in practical lessons throughout the year.

MCA Physical Education

Year 7 ROUNDERS



Key Terminology

Throwing	Retrieval	Innings
Catching	Bowling	Backstop
Batting	In/Out	Bowler
Long Barrier	Umpire	Batter

Further Opportunities

Afterschool Clubs

Ipswich Ravens Rounders Club

What can I do at home to improve?

Throwing and catching with friends/family.
Striking games.

Basic Rules

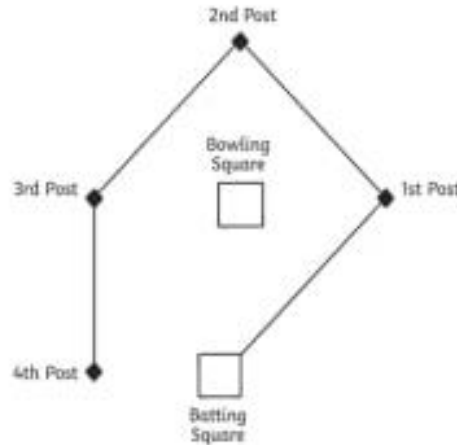
½ rounder – hitting the ball and getting to 2nd or 3rd post in your batting turn will gain you ½ a rounder. Also not hitting the ball and getting to 4th post in your bat will gain you ½ a rounder.

1 rounder – hitting the ball and getting to 4th post in your batting turn.

Out – being caught out or stumped out by another fielder.

No ball – bowler must bowl the ball between head and knee height and also not at the body or wide of the batting box.

Good ball – a player must run on what is deemed as a good ball. An umpire will call when a no ball has been bowled.



Important components of fitness

Agility	To change direction to be able to run around the posts.
Balance	To not be able to fall over when batting/catching the ball.
Co-ordination	To be able to hit the ball with a bat.
Reaction Time	To react to the ball being thrown at you or coming towards you.
Power	Be able to throw or bat further.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

What does good underarm/overarm throwing and catching technique look like?

- Pulling the ball into body.
- Sideways on to start an overarm throw and end facing forwards, rotation to create power.
- Pendulum motion with underarm throw.

Lesson 2

How does basic fielding technique help you in rounders?

- Long barrier, head over ball, fingers pointing down, hands together, no gap between foot and knee. Non-throwing knee on floor.
- Retrieval – approach the ball throwing side.

Lesson 3

What is a good ball in rounders and what does it look like?

- Underarm throw
- Opposite arm, opposite leg.
- Below head height, above knee height.
- Not at body or wide of bowling box.

Lesson 4

How can I make a good connection with the ball?

- Sideways on
- Bat up
- Transfer of weight from back leg to front
- Eye on the ball

Lesson 5

What are the basic rules of rounders?

- Scoring rounders.
- In's and out's.
- Fielders getting batters out.

Lesson 6

What are the purposes of each fielding position in rounders?

- Backstop
- Bowler
- Batter
- Fielder

How will I be assessed?

Ongoing in practical lessons throughout the year.

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Year 7 CRICKET



Key Terminology

What words do I need to know and use?

Batting, bowling, fielding, catching, grip, run up, stance, backswing, front foot drive, pull shot, long barrier, two handed pick up, seam, run

Further Opportunities

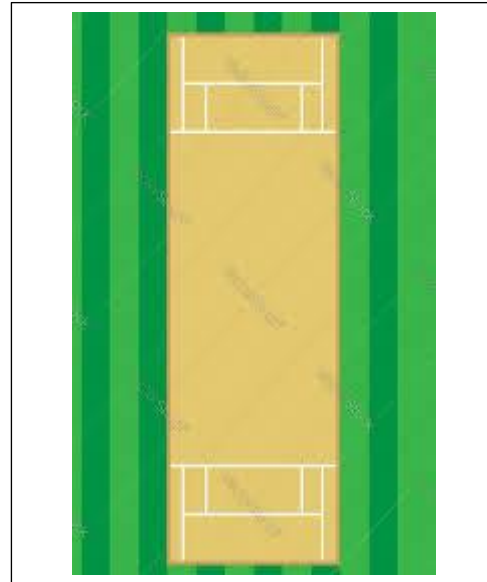
Where can I play Cricket outside of school?

Mildenhall CC, Worlington CC, Lakenheath CC, Bury St Edmunds CC, MCA after school club
What can I do at home to improve?

Youtube- Sky Sports Cricket Master class
Practice catching or bowling in the back garden

Basic Rules

There are two teams-one will bat and one will field/bowl before switching.
You must run between the two sets of wickets
A batsman can be bowled out, caught out, run out or stumped out.
The team with the most amount of runs wins



Important components of fitness

Agility	When catching and stopping the ball in the field
Balance	When batting and hitting front foot drive
Co-or	When bowling and we need to use all of body parts but at different times
Power	For striking the ball when batting and hitting a four or six
Reaction time	To be able to take a catch from a ball that has been hit hard

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Basic close catching

- Feet shoulder width apart
- Fingers pointing down
- Head level

Lesson 2

Bowling from base & grip

- Arm straight
- Front arm pointing towards your target
- Index & middle finger either side of the seam

Lesson 3

Bowling full action

- Run increases in speed
- Get into a gather position (eat the apple)
- Follow through towards the target

Lesson 4

Basic batting-grip, stance & backswing

- Feet shoulder width apart
- Body side on
- Bat above the waist
- Hands together in the middle of the bat

Lesson 5

Batting-front foot drive

- Step forward towards the ball
- Transfer weight to front foot
- Use the full face of the bat

Lesson 6

Batting- pull shot

- Back foot moves back and across
- Bat comes above shoulder
- Make contact with the ball in front of you hitting the ball downwards

How will I be assessed?

Ongoing throughout practical lessons.