



Physical Education : Curriculum Overview - Core PE

Year 7

Term	Topic studied	What will I learn?	How will I be assessed?
Year 7 Autumn 1	<i>Net and Wall Games (Pickleball)</i>	Grip, ready position and footwork with a paddle. Forehand and backhand groundstrokes. Underarm serve and basic rules/scoring. Decision-making around shot selection and court positioning. Rallying and communication with a doubles partner to outwit an opponent.	Assessed through observation of skill execution, shot selection and teamwork during rallies, serving practice and doubles games.
	<i>Invasion Games (Ball Skills)</i>	Passing, receiving and ball-handling skills (rugby backward passing, football passing/receiving). Dribbling, ball control and turning with the ball. Tackling, dodging and evading opponents; defending, marking and tackling. Shooting technique. Decision-making around passing, dribbling, shooting and defending. Communication and teamwork in small-sided games.	Assessed through observation of skill execution, decision-making and teamwork in small-sided conditioned games and competitive situations.
	<i>Performing at Max (Indoor Athletics)</i>	Sprinting/agility technique (indoor-adapted running and shuttle drills, adapted from athletics). Standing long jump technique (take-off, flight, landing). Indoor throwing action (e.g. seated/chest-push throw). Decision-making around pacing, technique and event rules. Effort, resilience and personal best target-setting.	Assessed through observation of technique and effort, with times and distances recorded across individual events.
Year 7 Autumn 2	Basketball	Passing, receiving, dribbling, footwork and ball control. Shooting and rebounding technique. Principles of attack and defence; finding and using space. Marking, covering and delaying strategies. Decision-making around passing, dribbling and shooting. Communication and teamwork in small-sided games.	Assessed by the PE teacher through observation of skill execution, decision-making and teamwork in small-sided games and conditioned practices.

	OAA	Communication, teamwork, trust, time management and organisation skills. Problem-solving strategies to overcome physical and mental challenges, individually and in a group. Leadership skills and the 'plan-do-review' cycle. Decision-making and contributing ideas to solve group challenges. Health and safety awareness (equipment, trust exercises, safe behaviour on- and off-site).	Assessed through observation of problem-solving, decision-making, communication and teamwork during group challenges and tasks.
Year 7 Spring	Basketball	Passing, receiving, dribbling, footwork and ball control. Shooting and rebounding technique. Principles of attack and defence; finding and using space. Decision-making around passing, dribbling and shooting. Communication and teamwork in small-sided games.	Assessed through observation of skill execution, decision-making and teamwork in small-sided games and conditioned practices.
	Gymnastics	Rolls (e.g. forward, backward, log/pencil). Balances - individual, paired and group. (including counter balance and counter tension). Cartwheel and supported handstand. Jumps and landings with control. Use of space, formations and levels within a sequence. Decision-making when selecting, linking and refining movements into a sequence. Apparatus safety.	Assessed through observation of skill execution, control and decision-making when performing and refining individual and paired/group sequences on the floor and apparatus.
	Gaelic Football	Hand-passing (fist pass) and catching. Kicking (toe-tap, place kick, drop kick) and soloing (balancing/carrying the ball on the foot). High catching and marking. Tackling/dispossession (, legal hand-tackle, or tag-belt variation). Decision-making around when to pass, kick, solo or shoot for a point or goal. Scoring system (points and goals) and applying modified game rules, e.g. End Ball.	Assessed through observation of skill execution and decision-making in a skills circuit, plus performance in small-sided and round-robin competitive games.
	Handball	Ball-handling, passing and receiving technique with accuracy and coordination. Dribbling technique and combining it with passing. Shooting technique and applying it within a game situation. Defending principles: positioning, shadowing and intercepting the ball. Attacking principles and counterattacking play Decision-making around passing, dribbling, shooting and defending. Rules, refereeing signals and demonstrating fair play. Communication and teamwork in small-sided and full-sided games.	Assessed through observation of skill execution, decision-making and teamwork in small-sided games and conditioned practices.

Year 7 Summer	Athletics	Sprinting technique, pacing, leg and arm drive Take-off, flight and landing technique for jumping events. Throwing actions and starts. Basic biomechanics (speed, linear motion, angles, drag) underpinning performance Decision-making around technique, pacing and event rules. Setting, recording and improving personal bests; effort and resilience.	Assessed through observation of technique and effort, with times, distances and personal bests recorded across individual events.
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