

## Yearly Overview

Subject: Year 7 Core PE

Progression of knowledge:

- Fundamentals of skills and techniques.
- Understanding rules

<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<p><b>Prior knowledge:</b> Primary schools expertise is often limited but there has been some exposure physical fitness and movement.</p>	<p><b>Prior knowledge:</b> Building on the skills and knowledge learnt in taster sessions received in Term 1.</p>	<p><b>Prior knowledge:</b> Continuation from badminton - fundamental racket sport concepts – grip, stance, ready positions, forehand, backhand.</p>	<p><b>Prior knowledge:</b> Continuation from football - fundamental invasion games concepts – creating space, attacking, defending.</p>	<p><b>Prior knowledge:</b> Building on basic motor skills developed in Terms 1-4 – coordination, teamwork, communication, outwitting opponents.</p>	<p><b>Prior knowledge:</b> Continuation of badminton/table tennis. Fundamental racket sport concepts – grip, stance, ready positions, forehand, backhand. Continuation from Cricket fundamental striking and fielding concepts – follow through, direction of batting, communication.</p>
<b>Term 1 knowledge</b>	<b>Term 2 knowledge</b>	<b>Term 3 knowledge</b>	<b>Term 4 knowledge</b>	<b>Term 5 knowledge</b>	<b>Term 6 knowledge</b>
<p>This term: Sports Festival - provides students opportunity to take part in 6 different sports, staff are able to develop a baseline understanding of the skills they have, in</p>	<p>This term: Football – developing the understanding of fundamental sport specific skills – passing, receiving, dribbling, shooting, defending. Fundamental invasion games concepts –</p>	<p>This term: Trampolining - developing the understanding of fundamental sport specific skills – twists, tucks, straddles, body landings, linking skills. Fundamental gymnastics concepts –</p>	<p>This term: Basketball - developing the understanding of fundamental sport specific skills – passing, receiving, dribbling, shooting, defending.</p>	<p>This term: Athletics developing the understanding of fundamental sport specific skills – running, jumping, throwing, etc. Fundamental athletics concepts – follow</p>	<p>This term: Rounders developing the understanding of fundamental sport specific skills – running, batting, fielding bases, throwing, catching, bowling.</p>

<p>order to inform future planning.</p>	<p>creating space, attacking, defending. Badminton - developing the understanding of fundamental sport specific skills – serves, clears, drop shots and smash. Fundamental racket sport concepts – grip, stance, ready positions, forehand, backhand.</p>	<p>shape, control, performance. Table Tennis - developing the understanding of fundamental sport specific skills – serves, push, drive. Fundamental racket sport concepts – grip, stance, ready positions, forehand, backhand.</p>	<p>Fundamental invasion games concepts – creating space, attacking, defending. Rugby developing the understanding of fundamental sport specific skills – passing, receiving, running with the ball, scoring, defending. Fundamental invasion games concepts – creating space, attacking, defending.</p>	<p>through, transfer of weight, angle of release. Cricket developing the understanding of fundamental sport specific skills – running, batting, fielding, throwing, catching, bowling Fundamental striking and fielding concepts – follow through, direction of batting, communication.</p>	<p>Fundamental striking and fielding concepts – follow through, direction of batting, communication, type of bowl. Tennis - developing the understanding of fundamental sport specific skills – serves, forehand, back, backhand, volley. Fundamental racket sport concepts – grip, stance, ready positions, forehand, backhand.</p>
---	---	--	---	---	--

**Future Knowledge:**  
Students will experience lessons on 2 different sporting activities throughout the term. Students will work on mastering and developing skills of both sports, building on the foundations set out in Year 7 and provide students with more advanced skills that they can take into Year 9. The sports selected for each class are based on the season. Terms 1-2 will include winter sports and Term 5 and 6 will be summer sports.