

Subject	Year	Term
Physical Education	7	Summer 1
Topic		
Introduce, explore and develop core skills		
Content (Intent)		
Prior Learning (Topic) Develop core skills		
<ul style="list-style-type: none"> • Athletics: Warm up / Cool down, Throwing techniques, Sprinting Technique, Pacing, Jumping Techniques, Relay Changeovers • Cricket: Bowling, Batting, Fielding- including catching, long and short barrier, Conditioned games, scoring and signalling • Rounders: Basic catching and throwing skills. Long and short barrier. Batting technique. Fielding positions. Bowling skills. Scoring. • Tennis: Ball skills and co-ordination drills, Forehand and backhand ground strokes, volleys, modified serves and conditioned games. 		
Future Learning (Topic) Develop and embed core skills		
How will knowledge and skills be taught? (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>Athletics: Pupils taught starting techniques and principles of acceleration. Pupils to explore throwing different implements using push, pull and sling actions. Teach how to place the legs in standing throws and using a run-up or turn. Pupils explore ways of jumping for length and height using a range of techniques. Teach the principles for gaining height or distance by sinking hips. Pupils given the opportunity to practice their techniques so that they become secure. Ensure that practice and effort are distributed so that excessive fatigue is avoided, and technique remains good. Give opportunities to observe good performance of peers and top-class performers.</p> <p>Cricket/Rounders: Hitting, throwing and catching skills to be developed through a variety of drills and games. For some groups the equipment will have to be modified to ensure progress is made. Care must be taken to ensure any such practice is varied and challenging for all abilities. Modified games will be employed to further develop individual technique and to enhance tactical understanding and appreciation of rules of the game and their importance.</p> <p>Tennis: Introductory activities, 1's, 2's co-ordination skills with or without racket, in space, against wall or over net. 1v1 small court games with or without net, extend into 2v2, 3v3 volleyball type activity. Assess principles of playing into space and movement around court in attack and defence. Variety of large group games to include full court introducing court boundaries and shot selection. Concentrate on skill practice for use in singles game.</p>	<p>Pupils to be assessed in line with grade descriptors at the end of each unit with grade and targets for improvement written on PE record sheets in their planners. Grades reported in interims.</p> <p>Core skills for assessment to include</p> <p>Athletics: Measurement and timing compared against Key Stage 3 bronze, silver, gold target sheet. Measurement against school records, district and county times/ distances/ heights.</p> <p>Cricket/Rounders: Ability to perform basic skills individually and in a game situation. Decision making skills. e.g. When to run, where to throw. To begin to act as umpire in modified games.</p> <p>Tennis: Ability to perform basic skills individually and in a game situation. Decision making skills e.g. which shot to use and when. To begin to act as officials in small, modified games.</p>	
How can parents help at home?		
Research playing positions, rules and regulations of the sports covered. Encourage practise of throwing and catching skills and develop CV endurance through additional jogging. Encourage participation in extra-curricular clubs, house and school teams.		
Helpful further reading/discussion		
<p>Reading/ Vocabulary Lists</p> <p>Warm-up and cool down. Key muscle groups in stretching. Understanding of key terms and technical language in athletics and tennis. Names of playing positions specific to Rounders and Cricket.</p>	<p>Numeracy</p> <p>Pupils can estimate distance, measure and time events in athletics. Pupils given the opportunity to develop numeracy through the use of sports specific scoring systems in full or modified games.</p>	<p>Careers Links</p> <p>Roles in coaching and sports leadership.</p>