

# The Priory school - Physical Education

Year 7 – Curriculum map 2021-2022





### **Athletics**

Volleyball

shot, and link passes

**Autumn** 

You will learn the basic technique and performance in the 100m, 200m, 400m, 800m, shot putt, javelin and discus.

You will learn the basic rules of volleyball to play successfully.

You will learn how to: perform the set shot, perform the dig



You will learn the basic rules of how to play successfully. You will learn how to catch and throw, bowl, bat, and how to field the ball (long barrier and retrieving the ball on a run.

### Cricket

You will learn the basic rules to play successfully. You will learn how to bowl, how to hold the bad (grip and stance), how to defend, and drive, as well as how to pick up the ball and throw, and the long and short barrier.

### PE recommended books



## Assessment- 20 marks per sport

## **Gymnastics**

You will learn how to perform and core skills to play successfully. You will learn how to use body tension, balances, rolls, cartwheels, round-offs, headstands, and jumps, leaps and twists.

### Handball

You will learn the basic rules of handball to play successfully. You will learn to: dribble, pass, move to beat defenders,

You will complete two lessons of orienteering, where you will learn how to navigate courses, and

Orienteering

### Summer Term



You will learn the basic rules of the game to play successfully. You will learn how to: dribble, pass, shoot, and mark players.

**Table tennis** You will learn the basic rules of the game and core skills to play successfully. You will learn how to: Hold the ball and serve, the forehand and backhand push shot, and how to rally.

### **Cross-country**

You will learn how to pacing and build your endurance in preparation for the house run.

**Spring** 

Term



### <u>Dance</u>

You will learn the basics of to perform successfully. You will learn how to count to the beat of 8, the 5 elements of dance, choreographic techniques pathways formations



## Selfless- 5 marks

- Teamwork
- Leadership
- Sportsmanship

## Self-assured- 5 marks

- Confidence
- Resilience
- Determination

### Successful- 10 marks

- Range and quality of skills
- Fitness
- Decision making



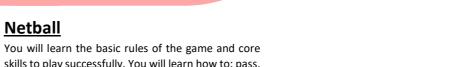
### Rugby

You will be learn the basic laws of the game and core skills to play successfully. The skills you will learn how to: defend as a team, pass, beat defenders, tackle and present the ball.

RUGBY 2015

### Netball

skills to play successfully. You will learn how to: pass, use correct foot work, dodge, and shoot.





**Your Physical Education Journey starts here...**