



The Priory school - Physical Education

Year 7 – Curriculum map 2019-2020



Athletics

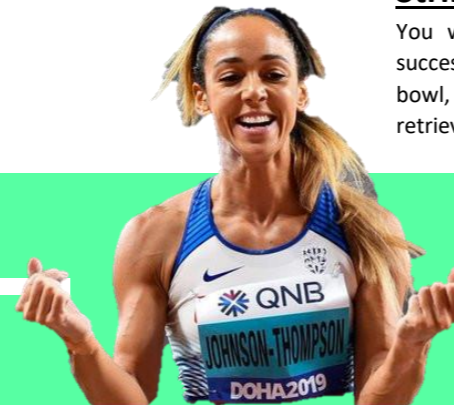
You will learn the basic technique and performance in the 100m, 200m, 400m, 800m, shot putt, javelin and discus.

Striking and fielding (rounders)

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.

Striking and fielding (cricket)

You will learn the basic rules to play successfully. You will learn how to bowl, how to hold the bat (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.



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, and shoot.

Orienteering

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



Summer Term

Dance

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

Football

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

Spring Term



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.

Volleyball

You will learn the basic rules of volleyball to play successfully. You will learn how to: perform the set shot, perform the dig shot, and link passes together.

Autumn Term

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.

Netball

You will learn the basic rules of the game and core skills to play successfully. You will learn how to: pass, use correct foot work, dodge, and shoot.

Extra-curricular

- Cross- country club
- Running club
- Volleyball club
- Handball club
- Rugby club
- Netball club
- Football club
- Circuit training
- Indoor cricket club
- Table tennis club
- Cricket club
- Park-run
- Athletics club
- Rounders club

Assessment

You will be assessed in the following four areas:

Range of skills

Can you do all the skills you have been taught?

Quality of skills

Can you consistently do the skills you have learned to a high standard?

Physical Attributes

Does your fitness help you be effective in a game situation?

Decision making

Do you make the correct decisions under pressure in game situations?
Can you consistently do the skills you have learned to a high standard?

Your Physical Education Journey starts here ...