



# The Priory school - Physical Education

## Year 7 – Curriculum map 2021-2022



### Athletics

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

### 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.

### 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.

### PE recommended books



### 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

### 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.

### 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.

### 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.

### Autumn

### 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.



### Assessment- 20 marks per sport

#### Selfless- 5 marks

- Teamwork
- Leadership
- Sportsmanship

#### Self-assured- 5 marks

- Confidence
- Resilience
- Determination

#### Successful- 10 marks

- Range and quality of skills
- Fitness
- Decision making

Your Physical Education Journey starts here ...