



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.



Orienteering

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

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.



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.



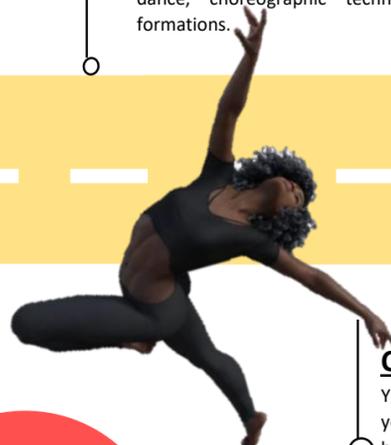
Handball

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

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

Cross-country

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



Autumn 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.



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.

PE recommended books



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 ...