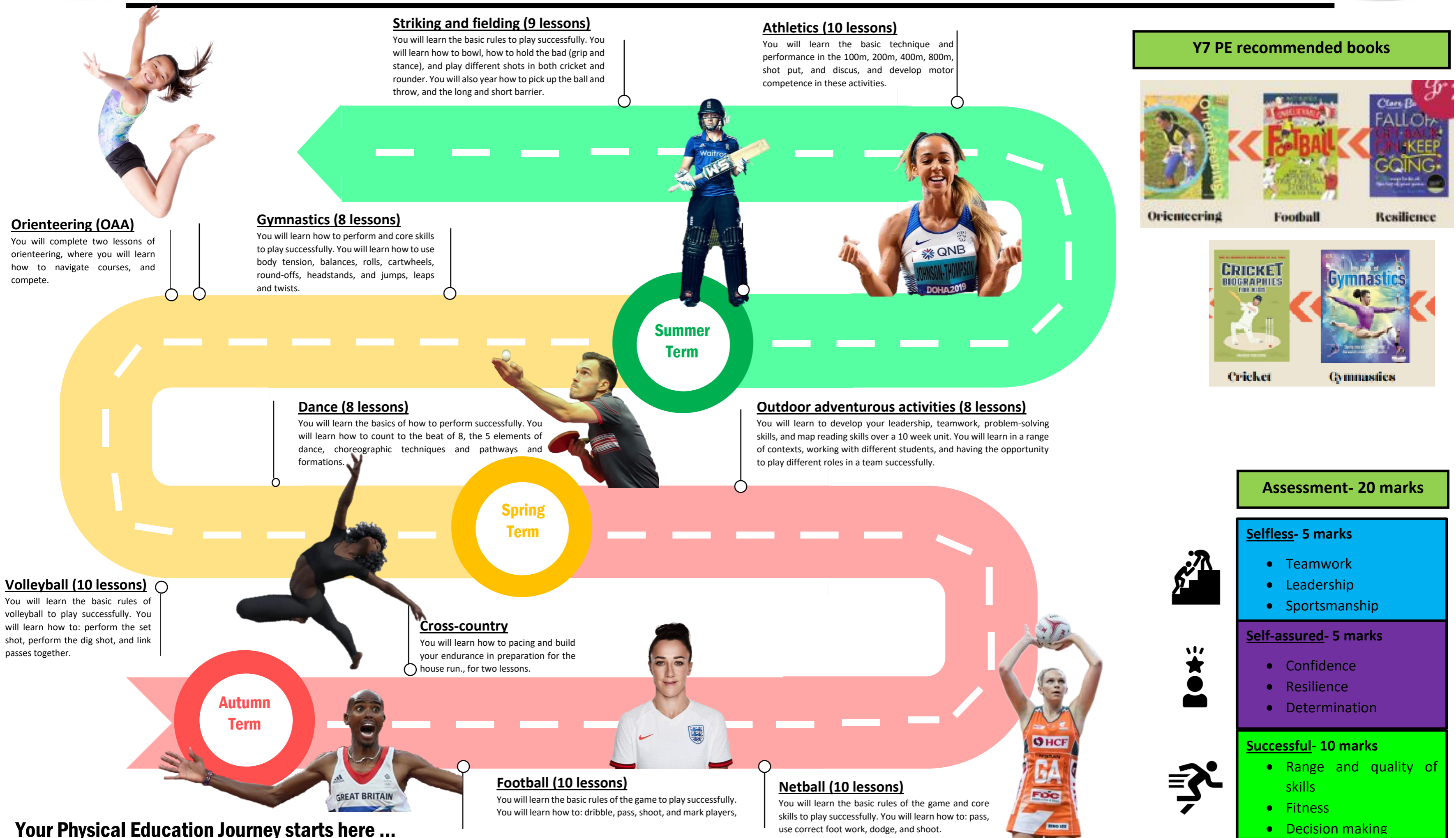




The Priory school - Physical Education

Year 7 – Curriculum map 2023-2024



Orienteering (OAA)

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

Gymnastics (8 lessons)

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.

Dance (8 lessons)

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.

Cross-country

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

Spring Term

Summer Term

Outdoor adventurous activities (8 lessons)

You will learn to develop your leadership, teamwork, problem-solving skills, and map reading skills over a 10 week unit. You will learn in a range of contexts, working with different students, and having the opportunity to play different roles in a team successfully.

Autumn Term

Football (10 lessons)

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

Netball (10 lessons)

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.

Y7 PE recommended books



Assessment- 20 marks

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 ...

PE Non-Fiction

Linked to topics



We also subscribe to Strike It!



Psychology Ethics Racism Commercialisation Mental Strength Overcoming Fear

2y 11



Leadership Anatomy & Physiology Nutrition Determination Equality Well being

2y 9



Handball Dance Badminton Running Basketball Confidence

2y 8



Self Belief Netball Fitness Football Athletics Rugby

2y 7



Tennis Cricket Gymnastics Orienteering Football Resilience

PE Fiction

Linked to sports



Volleyball Parkour Swimming Swimming Running Football

2y 9

2y 9

2y 9

2y 10



Rugby Football Free Climbing Football Rollerskating

Diverse Friendly Options



Rugby Football Basketball Football Boxing Ballet



Basketball Horse Riding Gymnastics Football Outdoor Activities Athletics



Tennis Cricket Dance Cycling Football Netball