



Course Outline

Physical Education Year 7

Inspiring excellence, empowering global minds

Overview

The Physical Education syllabus at GEMS Wesgreen International School aims to develop the children's sporting skills and confidence, through a set of challenging competitive activities. Children target high standards of physical achievement and develop their strategic thinking, their application of tactics and problem-solving techniques, in different situations. In addition to this, each sporting activity provides a different angle and chance for children to demonstrate their application of scientific principles in action. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for learners to become physically confident in a way, which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Learning Outcomes

Children build on the physical development and motor skills learned and acquired from the previous years to become more competent, confident and expert in their techniques. They will study a range of different sports and physical activities. Children will reach new levels of understanding in their performance evaluations. They will effectively apply advanced skills in their performances. They will develop and identify their strengths in others' work. Children develop the confidence and interest to get involved in exercise, sports and activities outside of the school environment and later on in life. They will also gain a further understanding and appreciation of the long-term health benefits of physical activity.

In physical education, the national curriculum focusses on,

- Remembering basic tactical and compositional ideas.
- Knowing what clothing and footwear is best to wear.
- Knowing how to participate in invasion games.
- How physical activity helps fitness and the benefits of playing sport outside of school.
- Commenting on their own and others' actions.
- Performing simple skills with some control and coordination.
- Using more complex fitness movements.
- Giving basic evaluations of performance with the use of key terms and words.

Ongoing Objectives

The aims of the Physical Education Syllabus are to encourage and enable children,

- To develop the understanding of tactical and compositional ideas.
- To perform skills with control and coordination in a small sided game or performance.
- To perform skills and sequences with control and coordination with some success in performances.
- To set out and do risk assessments on courts, fields and apparatus.
- To understand how teams attack successfully.
- To understand different ways of attacking and encourage them to use positions for their team carefully.
- To understand how physical activity promotes strength, power and suppleness.
- To understand the importance of warming up.
- To understand the value exercise outside of the school day.

Unit Overview

Term 1

Unit 1 - Physical Testing

Approximate length: 2 weeks

Children will take part in a number of standardised physical tests. They explore the tests for power, speed, strength and endurance. These are all aspects that help improve their fitness and performance in many of the sports taught on the curriculum and in everyday life. Teachers explain how to do the tests and how children can improve their score. The safe and supportive environment allows a focus on personal reflection and achievement.

Specific National Curriculum Objectives Covered:

To measure the different components of children's fitness in:

- Speed.
- Stamina.
- Strength.
- Power.

Unit 2 - Basketball

Approximate length: 4 weeks

Children will explore the skills within the sport of Basketball. They develop their dribbling, shooting and passing abilities by breaking down the motor programmes and fundamental components of the different aspects of each skill, such as hand eye coordination. These skills will develop through a series of activities and conditioned games, which encourage progression and improve their knowledge and understanding of the game.

Specific National Curriculum Objectives Covered:

- To analyse the skill of dribbling the ball with the head up.
- To analyse the skills of keeping possession as a team.
- To analyse shooting technique with one foot off the floor.
- To analyse the application of the man-to-man defending system.

Unit 3 - Volleyball**Approximate length: 4 weeks**

Children will explore the skills within the sport of Volleyball. They develop the strength and co-ordination of their hands and arms as well as the major muscle groups in the upper body, to perform digging, setting and spiking shots with improved accuracy and power. The key techniques and drills performed allow skills to be refined through repetitive practice and conditioned games. This enables the techniques to improve in consistency and accuracy as well as progressing over time.

Specific National Curriculum Objectives Covered:

- To analyse the quality of the dig shot technique over the high net.
- To analyse the quality of the dig shot when passing to a teammate as part of a rally.
- To evaluate my partners dig when scoring a point from the front of the court.
- To move a teammate closer to the net to win a point.

Unit 4 - Football**Approximate length: 4 weeks**

Children will explore the skills within the sport of Football. They will participate in activities that develop their lower body co-ordination. As these are completed, children will improve their passing, shooting and dribbling skills. They explore the challenging activities and success criteria, which develop their speed and strength in this popular unit of work. Opportunities to act upon constructive feedback received, from other children and teachers, help to develop their skills further. A series of activities and conditioned games, develop timing, co-ordination and self-awareness, which helps children's progress.

Specific National Curriculum Objectives Covered:

- To analyse the skill of dribbling the ball with the head up, under control and changing direction.
- To analyse the skills of keeping possession as a team, with a single defender.
- To analyse shooting power and technique using the laces.
- To analyse the application of defending man to man.

Unit 5 - Rugby**Approximate length: 4 weeks**

Children will explore the skills within the sport of Rugby. They are given the opportunity to coordinate their upper body in line with their lower body, as they improve their catching, throwing, passing and running with the ball. Different aspects of each of the skills are broken down for each child, to present success criteria for them to improve. They assess their progress upon the received constructive feedback, from other children and staff, in order to develop these skills through a series of activities and conditioned games.

Specific National Curriculum Objectives Covered:

- To analyse the skill of running forward with the ball in order to gain distance despite pressure.
- To analyse the skills of re-joining lines so attacks can continue in formation.
- To analyse the use of a fake pass to get around a defender.
- To analyse the application of defending in horizontal lines.

Unit 6 - Rounders**Approximate length: 4 weeks**

Children will explore the skills within the sport of Rounders. Practicing the skills of catching, throwing, fielding, bowling, and batting, develop transferable skills, such as teamwork and communication. As well as these holistic values, more complex skills are linked together with timing and strategy to allow children to enjoy a different type of competition. Across the unit, the practiced activities and conditioned games provide opportunities to develop tactics, leadership, and captaincy.

Specific National Curriculum Objectives Covered:

- To analyse the skill of catching the ball.
- To analyse the skill of making an overarm throw.
- To analyse the skill of striking a soft tennis ball with a bat.
- To analyse the skill of fielding and getting players out by tapping a post.

Unit 7 - Dodgeball**Approximate length: 4 weeks**

Children will explore the skills within the sport of Dodgeball. They build upon their throwing and catching skills by further developing their moving and dodging skills. Dodgeball also provides children with the opportunity to problem solve in a fun, safe environment whilst refining their persistence, honesty, and sportsmanship abilities, which are essential across the unit.

Specific National Curriculum Objectives Covered:

- To develop throwing technique overarm at a moving player from different positions.
- To improve teamwork skills to pass and circulate balls.
- To explore the targeting of players in the correct area and improve accuracy.

Unit 8 - Badminton**Approximate length: 4 weeks**

Children will explore the skills within the sport of Badminton in this unit. They practice a range of different models to develop the skills of serving, clearing, and smashing. Different equipment and differentiation help children to access and refine the complex skills needed to take part in small games. This unit also allows us to explore the use of rules and ethics of sportsmanship and competitiveness, as well as develop children's scoring and umpiring abilities.

Specific National Curriculum Objectives Covered:

- To analyse the technique of playing different shots over the head and over the net.
- To develop rallying with a partner using basic shots.
- To improve hitting the shuttle to the back of the court.
- To explore hitting the shuttle into space.

Term 2**Unit 9 - Netball****Approximate length: 4 weeks**

Children will explore the skills within the sport of Netball in this unit. They learn the fundamentals of footwork, shooting and passing, which challenge and develop children physically. This unit also facilitates cognitive development by applying agility, blocking and intercepting skills, in small-sided games. Maximum involvement ensures, whilst providing good opportunities for teacher and peer feedback and reflection, fun and progress are at the forefront of the learning experience.

Specific National Curriculum Objectives Covered:

- To analyse the shoulder pass technique.
- To analyse the performers, ability to move into space to receive a pass.
- To analyse the overhead shot technique.
- To analyse and assess players ability of moving into space within their given position area.

Unit 10 - Cricket**Approximate length: 4 weeks**

Children will explore the skills within the sport of Cricket in this unit. Catching, throwing, fielding, bowling and batting skills complement and expand the development of the learning experience. Concentration and reaction time underpin the key learning processes and form the focal point of the progress. Tactical skills such as organization and motivation ensure that a range of different situations, develop transferable leadership and communication skills.

Specific National Curriculum Objectives Covered:

- To analyse the skill of bowling with a straight arm with a follow through.
- To analyse collecting the ball from the floor using a long barrier.
- To analyse the straight bat technique to hit the ball.

- To analyse the fielding positions and backing up of throws.

Term 3

Unit 11 - Hockey

Approximate length: 4 weeks

Children explore the skills of dribbling, shooting and passing with different surfaces, goals and equipment. Predominantly developing their hand eye coordination the trapping, slapping and hitting abilities, allow children to develop a tactile feel for motor development, which provides them with a unique learning experience to enjoy.

Specific National Curriculum Objectives Covered:

- To change direction quickly, keeping the ball in contact with the stick.
- To improve teamwork skills in attacking.
- To improve scoring with power and accuracy.
- To create space and remain in positions.

Unit 12 - Athletics

Approximate length: 4 weeks

Children will explore their fitness capabilities by improving their cardiovascular endurance, muscular strength, and power. The skills of throwing, jumping, and running, form the focal point of delivery, as well as combined multi events and relays for competition. Mathematical, scientific, and geographical skills will also be combined in calculating results.

Specific National Curriculum Objectives Covered:

- To explore a down sweep relay change over technique.
- To demonstrate a standing triple jump technique.
- To apply the skill of a one hand throw with a run up.
- To apply the skill of a change over using a baton or small object.

Unit 13 - Games for Understanding

Approximate length: 4 weeks

Children will explore different activities that require different movement patterns. This unfamiliar situation allows the development of strategy, tactics and critical thinking. Key skills such as rule discipline, problem solving and teamwork, help to improve children's leadership, communication, and physical literacy skills.

Specific National Curriculum Objectives Covered:

- To increase coordination over an object whilst throwing or kicking.

- To explore different movement patterns.
- To experiment with different tactics in different sporting situations.

Assessment

Formative: Children describe how successful they have been at the skills they are learning. This emphasizes describing the learning progress, identifying children's needs, planning for next steps in learning, and providing vital information for summative assessment. Children describe where they are at on the learning ladder and how to achieve the next performance standard, in each lesson. Children describe the characteristics of a good skill and are encouraged to demonstrate it in plenaries. They describe how to improve each element or strand within the age-related expectation thresholds. Children demonstrate the application and appreciation of rules and regulations for the different sports. The formative assessment of their cognitive skills, their health-related physical fitness, their psychomotor skills and their affective attitudes and behavior also takes place. Children communicate their understanding through their body language. Thumbs up and thumbs down plenaries assess understanding and confidence.

Summative: At the end of each lesson, unit, term and year, children are marked above, at or below curriculum standards, with a one, two or three score. These are in line with the National Curriculum standards, aligned with international standards and demonstrated in the age-related expectations. This allows us to measure the students' progress throughout the term and year, across the different sports. Children complete project work throughout the year, which contributes towards their final grade. They also complete a range of different fitness tests, which are set against national and international standards, which also give them an opportunity to assess their progress and attainment.