



# Programme of Study – Year 7 Physical Education

	Theme	Overview of key learning to take place	How learning will be assessed
Term 1	Unit 1: Netball	<p><b>Key Topic 1: Passing</b></p> <ul style="list-style-type: none"><li>• I can evaluate the quality, speed and accuracy of different passing techniques down the court.</li><li>• I can pass the ball up the court quickly avoiding defenders.</li><li>• I can pass quickly upon receiving the ball and move into space up the court.</li><li>• I can demonstrate a range of passing techniques with arm and foot extension.</li></ul> <p><b>Key Topic 2: Shooting</b></p> <ul style="list-style-type: none"><li>• I can evaluate shooting technique with accuracy in a game situation, with a defender in front.</li><li>• I can shoot with good technique from different points in the shooting area, after getting free from a defender.</li><li>• I can shoot from greater distance away from the hoop, with good technique.</li><li>• I can shoot with dominant hand from above the head</li></ul> <p><b>Key Topic 3: Game Play</b></p> <ul style="list-style-type: none"><li>• I can evaluate the tactic of switching and reversing the play to attack space creating scoring opportunities.</li><li>• I can pass across a whole third or from sideline to sideline with accuracy around defenders.</li><li>• I can keep possession as a team going from one side of the court to the other.</li><li>• I can pass the ball flat and fast with good power across the court</li></ul>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b> Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p> <p><b>Summative assessment</b> at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>

	Unit 2: Football	<p><b>Key Topic 1: Lofted Pass</b></p> <ul style="list-style-type: none"> <li>a) I can perform a basic flat pass.</li> <li>b) I can kick the ball at the bottom to generate lift.</li> <li>c) I can use the correct part of my foot to generate lift.</li> </ul> <p><b>Key Topic 2: Shooting</b></p> <ul style="list-style-type: none"> <li>a) I can use the inside of my foot for accuracy.</li> <li>b) I can use the top (laces) of my foot for power.</li> <li>c) I can keep my head over the ball to keep the ball on target.</li> </ul> <p><b>Key Topic 3: Game Play</b></p> <ul style="list-style-type: none"> <li>a) I can show clear passing skills in a game.</li> <li>b) I can move into space to receive a pass in a game.</li> <li>c) I can dribble past an opponent during a game.</li> <li>d) I can perform a shot with correct technique.</li> </ul>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b>  Self-assessment  Peer assessment  Group assessment  Presentation  Produce a video  Multiple choice activity</p> <p><b>Summative assessment</b> at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>
	Unit 3: Badminton	<p><b>Key Topic 1: Serving</b></p> <ul style="list-style-type: none"> <li>a) I can serve from the correct service box.</li> <li>b) I can perform a short serve.</li> <li>c) I can perform a long serve.</li> </ul> <p><b>Key Topic 2: Strokes</b></p> <ul style="list-style-type: none"> <li>d) I can reach the back of the court with my overhead clear.</li> <li>a) I can keep the shuttle close to the net when performing a drop shot.</li> </ul>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b>  Self-assessment</p>

		<p>b) I can hit the shuttle at the highest point and downwards.</p> <p><b>Key Topic 3: Game Play</b></p> <p>a) I can use my serve to win points.  b) I can use different shots to move my opponent around the court.  c) I can finish a point by selecting the smash shot at the right time.</p>	<p>Peer assessment  Group assessment  Presentation  Produce a video  Multiple choice activity</p> <p><b>Summative assessment</b> at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>
Term 2	Unit 1 & 2: Striking and Fielding	<p><b>Key Topic 1: Throwing &amp; Catching</b></p> <p>a) I can move in line with the flight of the ball and pull the ball towards the chest.  b) I can show how to catch using two hands and the fingers to catch the ball.  c) I can show how to catch using one hand and the palms.  d) I can aim at a target.  e) I can show how to hold the ball with a straight arm, the swing the arm from the back to the front how to step forward and release the ball at waist level.</p> <p><b>Key Topic 2: Fielding skills</b></p> <p>a) I can catch and control a moving ball in the air.  b) I can throw a ball overarm.  c) I can stop a rolling ball and return it back.  d) I can roll the ball along the ground at different speeds.  e) I can stop, retrieve and accurately throw the ball to the target.</p>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b>  Self-assessment  Peer assessment  Group assessment  Presentation  Produce a video  Multiple choice activity</p> <p><b>Summative assessment</b> at end of each sport.</p>

		<p><b>Key Topic 3: Bowling Skills</b></p> <ul style="list-style-type: none"> <li>a) I can hold the ball with four fingers, with the thumb behind it to apply side to the ball.</li> <li>b) I can flick the thumb as the ball is released.</li> <li>c) I can hold four fingers on the outside of the ball and the thumb on the inside, nearest the leg is also effective.</li> <li>d) I can rotate the thumb back and the fingers forward as the ball is released.</li> <li>e) I can demonstrate a smooth and underarm Bowling action.</li> </ul>	<p>Three summative assessments for Term 2, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment. The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks. Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.</p>
	Unit 3: Rugby	<p><b>Key Topic 1: Rules of the game</b></p> <ul style="list-style-type: none"> <li>a) I can understand what a knock on is.</li> <li>b) I can understand that I must pass or run when restarting after a breakdown.</li> <li>c) I can understand that I must tag with two hands for it to count.</li> </ul> <p><b>Key Topic 2: Passing/Receiving</b></p> <ul style="list-style-type: none"> <li>a) I can understand that a pass must not be made forward,</li> <li>b) I can demonstrate a flat pass from the hip.</li> <li>c) I can demonstrate a faint pass to get past a defender.</li> </ul> <p><b>Key Topic 3: Game play</b></p> <ul style="list-style-type: none"> <li>a) I can understand that running sideways or backwards does not always help my team.</li> <li>b) I can demonstrate draw a defender before passing the ball.</li> <li>c) I can understand how to tag players to prevent them gaining more ground.</li> </ul>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b> Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p>
Term 3	Unit 1: Dodgeball	<p><b>Key Topic 1: Throwing</b></p> <ul style="list-style-type: none"> <li>a) I can step into the throw to generate power.</li> <li>b) I can aim towards the body or legs of an opponent.</li> <li>c) I can drive my elbow forward to help with accuracy.</li> </ul> <p><b>Key Topic 2: Dodging/catching</b></p> <ul style="list-style-type: none"> <li>a) I can keep my body low so I can move quicker.</li> <li>b) I can jump and dive to avoid being hit.</li> </ul>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b></p>

		<p>c) I can understand when is the right time to attempt to catch the ball.</p> <p><b>Key Topic 3: Game play</b></p> <p>a) I can understand the different tactics in running or not running for the balls at the beginning of a match,</p> <p>b) I can understand different tactics I can use with teammates to increase our chances of hitting an opponent.</p> <p>c) I can understand when is the right time to be offensive or defensive during a match.</p>	<p>Self-assessment Peer assessment Group assessment</p> <p><b>Summative assessment</b> Three summative assessments for Term 3, each one at after three key topics are completed.</p> <p>Multiple choice tests will be used to show understanding of the theory covered in topics.</p>
	Unit 2: Volleyball	<p><b>Key Topic 1: Defensive shots</b></p> <p>a) I can demonstrate playing the dig shot to set up a teammate.</p> <p>b) I can demonstrate playing a set shot to set up a teammate.</p> <p>c) I can demonstrate being part of a three shot rally.</p> <p><b>Key Topic 2: Offensive shots</b></p> <p>a) I can demonstrate an overhead serve.</p> <p>b) I can demonstrate a spike shot over a small net.</p> <p>c) I can demonstrate setting a teammate up for a spike in a competitive drill.</p> <p><b>Key Topic 3: Game play</b></p> <p>a) I can understand when to play a dig, set or spike during a game.</p> <p>b) I can understand how to play shots into space to win a point.</p> <p>c) I can understand that a team can only hit the ball three times before it must go over the net.</p>	<p><b>Formative assessment</b> is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p><b>Examples of Formative Assessment to be used this term:</b> Self-assessment Peer assessment Group assessment</p> <p><b>Summative assessment</b> Three summative assessments for Term 3, each one at after three key topics are completed.</p> <p>Multiple choice tests will be used to show understanding of the theory covered in topics.</p>