



Physical Education Curriculum Overview - Year 7

		Unit	Details
Autumn One	Badminton, gymnastics, ball skills, fitness	<p>Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other net/wall games such as volleyball and table tennis will link these tactics together. The skills learnt in previous years will be used and worked on so that pupils can continue to develop in the game.</p> <p>Pupils will perform a variety of gymnastic skills and analyse their performance in order to improve. Pupils will develop flexibility, strength, technique, cardiovascular fitness and ways to improve.</p>	
Autumn Two			
Spring One	Volleyball	<p>Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other net/wall games such as badminton and table tennis will link these tactics together. The skills learnt in previous years will be used and worked on so that pupils can continue to develop in the game.</p>	
Spring Two	Basketball	<p>Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other invasion games such as rugby. Football, hockey and table tennis will link these tactics together. The skills learnt in previous years will be used and worked on so that pupils can continue to develop in the game</p>	
Summer One	Athletics	<p>Pupils will start to develop personal best and take part in more developed athletics activities. Recording and analysing their performance across the range of events.</p>	
Summer Two	Rounders Tennis	<p>Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other striking fielding games such as rounders and cricket will link these tactics together.</p>	