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| **Subject: Physical Education** |
| **Year: 7**  |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | **Netball**Learning the types of passes Development of distance of passes A cartoon rocket ship with red and blue stripes  Description automatically generatedVarious stages of catching A cartoon rocket ship with red and blue stripes  Description automatically generatedTo describe basic rules Development of shooting styles Understand game play and position  | **OAA**Being able to work as part of a team A purple and green masks with a sad face  Description automatically generatedTo communicate effectively A purple and green masks with a sad face  Description automatically generatedDeveloping ideas that help to solve problems A rainbow colored heart with arrows  Description automatically generatedTo learn how to lead a group A rainbow colored heart with arrows  Description automatically generatedTo evaluate effectiveness as an individual and part of a group A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo be able to orienteer. A cartoon rocket ship with red and blue stripes  Description automatically generated | **Dance**To be able to articulate what a motif is To perform the 6 key actions A rainbow colored heart with arrows  Description automatically generatedTo use basic dance relationships (canon/unison) A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelopment of performance to be aesthetically pleasing A purple and green masks with a sad face  Description automatically generatedTo devise a motif working closely with other pupilsA rainbow colored heart with arrows  Description automatically generatedA cartoon rocket ship with red and blue stripes  Description automatically generatedUnderstand how levels develop performance | **Handball**Development of passing accuracy and control To perform a variety of shooting styles To effectively dribble To discuss basic rules A cartoon rocket ship with red and blue stripes  Description automatically generatedUnderstand how to be effective when in a game A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelopment of communication skills A purple and green masks with a sad face  Description automatically generatedUsing team work to develop strategies A cartoon rocket ship with red and blue stripes  Description automatically generated |  **Athletics**To perform the 100m To understand how to perform the Shot put A cartoon rocket ship with red and blue stripes  Description automatically generatedTo perform long jump A cartoon rocket ship with red and blue stripes  Description automatically generatedTo analyse own and others performance A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedDevelop posture when performing athletics discipline A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelop effective arm, leg and head action A cartoon rocket ship with red and blue stripes  Description automatically generated | **Stike and field** Develop bowling action and associated rules A cartoon rocket ship with red and blue stripes  Description automatically generatedTo familiarise and perform various catching skills To explain the basic rules of rounders, softball and cricket Understand how to hit a ball Develop depth, power and accuracy when throwingA cartoon rocket ship with red and blue stripes  Description automatically generatedDevelop effectiveness at various position in game play A cartoon rocket ship with red and blue stripes  Description automatically generated |

