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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 generated  Various stages of catching A cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  To communicate effectively A purple and green masks with a sad face  Description automatically generated  Developing ideas that help to solve problems A rainbow colored heart with arrows  Description automatically generated  To learn how to lead a group A rainbow colored heart with arrows  Description automatically generated  To 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 generated  To 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 generated  To use basic dance relationships (canon/unison) A cartoon rocket ship with red and blue stripes  Description automatically generated  Development of performance to be aesthetically pleasing A purple and green masks with a sad face  Description automatically generated  To 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 generated  Understand 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 generated  Understand how to be effective when in a game A cartoon rocket ship with red and blue stripes  Description automatically generated  Development 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 generated  To perform long jump A cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  Develop posture when performing athletics discipline A cartoon rocket ship with red and blue stripes  Description automatically generated  Develop 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 generated  To 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 generated  Develop effectiveness at various position in game play A cartoon rocket ship with red and blue stripes  Description automatically generated |

A purple and green masks with a sad face

Description automatically generatedA rainbow colored heart with arrows

Description automatically generatedA cartoon rocket ship with red and blue stripes

Description automatically generatedA drawing of a book

Description automatically generated