

Year 7 PE – Groups are generally taught in gender and are set

BOYS	GIRLS	AREAS BEING TAUGHT / ASSESSED	SPORTS / COMPETENCIES ASSESSED
HT1	HT1	Initial assessment	Pupils are assessed in their games ability, gymnastics, athletic ability, fitness, racket sports and striking and fielding.
		Initial assessment	Skills assessed – passing, dribbling, striking, turning, speed, endurance, hand eye coordination and gymnastics movements. Ability to perform in pressurised situations and outwit an opponent.
HT2	HT3	Lesson B Football/Hockey	Passing, running with the ball, tackling, (heading), turning with the ball, striking the ball and the application of skills, techniques and decision making under pressure
		Lesson B Badminton	Serves, clear shot, drop shot, drives shot, smash, block shot, net shots, lift, round-the-head clear and the quality of appropriate skills, techniques and decision-making during a conditioned/formal/competitive situation
HT3	HT4	Lesson A Gymnastics	Rolls, balances, shoulder, headstand, handstand, cartwheel, shapes, travel and a sequence comprising of agilities listed above, with linking movements'
		Lesson B Football/Hockey	Passing, running with the ball, tackling, (heading), turning with the ball, striking the ball and the application of skills, techniques and decision making under pressure
HT4	HT2	Lesson A Table tennis	Grip, ready position, movement, push, forehand, backhand, topspin drives, serves, return of serve, loop, sidespin loop, block and quality of appropriate skills, techniques and decision-making under pressure
		Lesson B - Handball/ Netball/ Basketball	Passing, catching, control, footwork, evasion, (shooting) (dribbling), defending and the application of skills, techniques and decision making under pressure
HT5	HT5	Lesson A Athletics	Jump: high, long, or triple - run up, take off, flight and landing Throw: shot putt, javelin or discus - initial stance, grip, preparation, movement, release and recovery
		Lesson B Softball / Rounders / Cricket	Two positions from - batting, bowling, or fielding Batting – grip, stance, footwork, shots, calling, running between wickets Bowling – grip, run-up, delivery, follow-through Fielding – stopping and returning; catching, throwing, chasing and returning The quality of appropriate skills, techniques and decision-making processes in two positions to meet the challenges during pressurised / game situation
HT6	HT6	Lesson A Athletics	Track : 100m, 200m, 400m, 800m, 1500m – starts, posture, pacing, leg and arm action, coordination of legs and arms, stride pattern and the quality of appropriate skills, techniques for one track event to meet the challenges under pressure
		Lesson B - Softball / Rounders / Cricket	Assessment as Softball / Rounders / Cricket assessment above
		BEST 3 SPORTS	Pupil's ability in their best 3 sports will always be assessed. After each half term, progress in the pupil's sports will be taken into consideration as in line with GCSE PE assessment criteria.