

Curriculum Overview – Autumn Term 2022-2023

Subject: Physical Education

Year group: 7

Unit number	Unit name	Key learning aspects (knowledge, understanding, skills)	Key assessment opportunities
1	Athletic Performance	<ul style="list-style-type: none"> • Baseline Testing of Key Aspects of Physical Fitness (Power, Speed and Cardio-vascular Endurance) • Introduction to training methods that develop specific aspects of Physical Fitness. 	Students are able to share and demonstrate knowledge of training methods specific to AOF, EG: Steady State/Fartlek, Intervals and Plyometrics
2	Invasion Games Netball/Basketball/Benchball/Football	<ul style="list-style-type: none"> • Execution of ball handling skills in isolated contexts • Apply control of ball handling within a small sided competitive context – Passive opposition • Replication of effective passing techniques with accuracy in isolated contexts • Select and apply ball and passing skills in a small sided competitive context. • Demonstrate consistency of ball control, accuracy with passing in games context. • Show basic understanding and awareness of attacking principle of width 	<ul style="list-style-type: none"> • Applying Skills • Applying Skills in context • Cooperative working • Demonstrating effective spatial awareness • Team communication and collaboration.