



**St George's School**  
**PE Department**  
**Year 7 Curriculum Map**

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7
<p><b>THE BIG IDEAS &amp; KNOWLEDGE</b>  <i>Overview of topics or key questions</i></p>	<p><b>Movement Skills</b></p> <p>Develop specific movement skills that allow for development of body management and self awareness</p> <p>Learn how to run, jump, land and throw.</p>	<p><b>Traditional Team Games</b></p> <p>Pupils will develop their core skills required in rugby and lacrosse.</p>	<p><b>Aesthetic Activities</b></p> <p>Pupils will challenge their body shapes, control and movement through dance and gymnastics stimuli. They will create short routines of body movements focusing on remaining stable while incorporating control and precision.</p>	<p><b>Health and Well-being</b></p> <p>Introduction to different methods of training for fitness and wellbeing.</p>	<p><b>Netwall Games</b></p> <p>Introduce core skills to outwit opponents in netwall games.</p> <p>Develop correct replication of skills.</p> <p>Learn how to apply these core skills in game scenarios.</p>	<p><b>Athletics</b></p> <p>Pupils will learn specific techniques to be able to run, throw and jump in a range of athletic events. They will begin by exploring the fundamental stages of throwing, running and jumping.</p>	<p><b>Striking and Fielding</b></p> <p>Pupils will learn a number of specific techniques to strike a ball into space.</p>
<p><b>SKILLS &amp; STRATEGIES</b>  <i>Procedural knowledge, literacy and numeracy skills</i></p>	<p>Develop fundamental running and jumping style.</p>	<p>Passing and catching, space ID, defensive skills and game awareness.</p> <p>Maintaining possession.</p> <p>Executing techniques safely</p>	<p>Paired balances, counter tension, counter balance, cannon, unison, characterisation, changes of levels, transitions and dynamics. Create short routines incorporating balances, group work, motifs and themes.</p>	<p>Introduce warm up and cool downs, short term effects of exercise on the body and mindfulness.</p>	<p>Develop core skills including forehand, backhand, smash, push, block, dig and set shots.</p> <p>Introduce basic body positioning on the court.</p>	<p>Pupils will be able to identify different throwing, running and jumping strategies.</p> <p>Introduce basic of event procedures</p>	<p>Pupils will use co-ordination skills to form contact with bat on ball</p> <p>Pupils will be able to replicate correct movements when batting and fielding.</p>

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<b>FEEDBACK</b> <i>Noteworthy tasks and assessments</i>	Complete end of unit pupil feedback form						
		Students led huddles mid and end of game.	Pupils will create a routine to perform to the class in the final lesson	Pupils will create their own warm up and cool down routines.		Metrics (distance, time)	
<b>BREADTH</b> <i>Opportunities, trips, wider reading, cultural capital</i>	<p>At various times through the year, the following activities are offered beyond PE lessons: Rugby, Lacrosse, Netball, Cross Country, Athletics, Cricket and Rounders. Recreational badminton, table tennis, Dance</p> <p>Inter-house competitions for: Cross Country, Badminton and Basketball, Dance, Tennis, Rounders, Cricket, Athletics (Sports' Day)</p>						
<b>KEY VOCABULARY</b> <i>Important words and phrases</i>	<b>Decision Making</b> When and how to control movement <b>Teamwork</b> Peer on peer support <b>Physical Attributes</b> Perform skills in a co-ordinated manner with control <b>Attitude</b> Determination to overcome challenges  Drive, Control, Coordination, Landing, Balance	<b>Decision Making</b> Attacking space  <b>Teamwork</b> Supporting role on the pitch <b>Physical Attributes</b> Performing core skills with control and confidence <b>Attitude</b> Positive attitude to learning new skills  Space awareness Scan, adapt, act	<b>Decision Making</b> Sequence a performance. <b>Teamwork</b> Working in groups to create a routine <b>Physical Attributes</b> Perform skills with control, fluency and tension <b>Attitude</b> Working outside your comfort zones.  Aesthetically, Pleasing, Control Coordination, Balance, Dynamics Levels, Unison, Canon, Motif Transition, Body management	<b>Decision Making</b> Choosing skills for a warm up <b>Teamwork</b> Peer of peer support <b>Physical Attributes</b> Perform movements with correct technique <b>Attitude</b> Developing growth mindset towards health & well-being  Mindfulness, HR, RAMP, Effects of exercise	<b>Decision Making</b> Judgement of point of contact <b>Teamwork</b> Working with peers to develop skills <b>Physical Attributes</b> Perform skills with control and some accuracy <b>Attitude</b> Preserve to make contact at the correct time.  Grip, Point of contact, Racquet placement, Court positioning, Timing of shots	<b>Decision Making</b> When is it to safely perform event <b>Teamwork</b> Working in pairs/groups <b>Physical Attributes</b> Perform movements with control <b>Attitude</b> Determination to replicate correct movements  Warm up, Cool down, Leg drive, Sprint, Speed, Take off, Landing, Power, Safety	<b>Decision Making</b> When to strike the ball <b>Teamwork</b> Communicating when fielding <b>Physical Attributes</b> Perform core skills with control  <b>Attitude</b> Resilience to keep working on core skills in games  Stance, Anticipation, Timing, Positioning, Preparation, Speed