

Autumn Term

What has come before and what comes later:

In year 7 the students will have experienced an array of physical activities developing their knowledge and understanding of the correct techniques to use in these activities, whilst building a basic knowledge and understanding of how to apply these skills and the correct rules and regulations. They will have developed their problem-solving skills, teamwork and oral communication alongside their ability to analyse their own or other's performances while using support materials/prompts.

Core

Extension

The Big Questions (What questions will students be able to answer upon mastery of the topic?)

- What is fitness?
- What is health?
- How does the stage of a race affect the pace?
- How can we transfer previous knowledge of throwing to throwing events in athletics?
- How can we increase the distance we achieve when throwing?
- What are the rules regarding throwing events in athletics?
- What are the rules for long jump?
- How can we work our run up out for long jump?
- Why do we need maximum speed before we take off in long jump?
- What happens if we leave our lane during the 100m, 200m 400m and relay?
- What is the correct technique(s) to use when changing the baton over in relay?
- How do we complete the 4x100m relay?

- What tactics can we use in the relay?
- How can I use my position in the pack to my advantage when running middle to long distances?

Analysis

- What are my areas of strength?
- What are my areas of weakness?
- What events do I suit the most and why?
- What role in cricket do I suit the most & why?

	<ul style="list-style-type: none"> • How can we increase the distance we achieve when we jump? • What information should I use to help me select the correct shot to play in cricket and rounders? • When do we use the quick pick up? • When do we use a short barrier? • When do we use a long barrier? • How do I change the direction of the shots I make? • How can we turn quickly when swimming in a race? • How do you enter the water in a competitive race? • What is a medley relay? • How can I pace myself when swimming for middle to long distances? • What is the correct technique for butterfly? <p>Analysis</p> <ul style="list-style-type: none"> • What skills can I apply with the most effectiveness? • What tactics am I able to apply with the most effectiveness? • What rules & regulations can I follow? • How do I know if a performance was good? • What key skill should I focus on improving & why? 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Application of skills • Decision making • Teamwork • Sportsmanship • Cut & drive – preparation & execution • Fielding a ball on the ground – long barrier, short barrier & quick pick up 	<p>Develop through:</p> <ul style="list-style-type: none"> • Part practice • Isolated drills • Conditioned games • Competitive play <p>Demonstrate:</p>

	<ul style="list-style-type: none"> • Fielding a ball in the air • Wicket keeping • Sprint starts • Relay changeovers • Middle distance running • Long distance running 	<ul style="list-style-type: none"> • Apply skills to competitive situations with some success • Apply some tactics with some success • Follow the rules and regulations of the activities occurring • Perform track and field events correctly • Support their peers • Coach their partner/peers • Respectfully celebrate their own and other's triumphs
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