

Year: 7

Subject: Health Sport & Exercise

Autumn Term		
What has come before and what comes later:	In primary school the students will have experienced a range of activities developing their coordination, passing and receiving skills, jumping and balance. They should be physically confident in a way which supports their health and fitness. They should have been given opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect. They will now develop their striking and fielding skills and begin to explore how we work at maximal levels through athletic events.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What are the correct stages of a warm-up?• How do we warm up correctly?• What is the purpose of a warm-up?• Why is pacing important in middle to long distance running?• What are the correct principles involved in throwing?• What is the correct technique for sprinting?• What is the correct technique used to run for distance?• What is a foul throw in athletic events?• What is a foul jump in long and triple jump?• What is the correct grip for holding a bat in cricket?• What is the correct technique for catching a ball?• What is the correct technique to use for a long barrier?	<ul style="list-style-type: none">• Why is the running technique different when running for speed compared to distance?• What information should we use when selecting the correct shot to play in cricket & rounders? <p>Analysis</p> <ul style="list-style-type: none">• How do I know I can perform X skill well?• What is the impact of set tactics on my/our performance?• How can I improve my performance?

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	<ul style="list-style-type: none"> • What is the correct technique used for a short barrier? • How do we bowl in cricket? • What is the role of a wicket keeper? • How do we bowl in rounders? • What is the role of a backstop? • How can I communicate effectively? • How can we work as a team to solve problems? • Why do we have rules? • What rules keep us safe? • How do we pass in handball? • What are the rules of handball? • How do we defend in handball? • How can we score in handball? • How can we travel in handball? <p>Analysis</p> <ul style="list-style-type: none"> • What skills can I perform well? • What tactics am I able to apply? • What rules & regulations do I understand? • What are my areas requiring improvement? • What impact do the strategies I apply have? 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Decision making – tactics & application of skills • Analysis of own performance • Teamwork • Oral communication • Striking a ball • Pull & drive – preparation & execution 	<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"> • Performing set skills with some control and accuracy

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	<ul style="list-style-type: none">• Feilding a ball on the ground – long barrier, short barrier & quick pick up• Feilding a ball in the air• Throwing a javelin. Discus and shot• Jumping – distance• Quick pick up• Long & short barriers• Passing and receiving over long and short distances• Intercepting a ball• Defending a player with the ball• Defending• Shooting	<ul style="list-style-type: none">• Apply skills to competitive situations with some success• Apply some tactics with some success• Perform track and field events correctly
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Spring Term		
What has come before and what comes later:	The students will have experienced a range of athletic activities, developing their ability to perform both track and field events using the correct techniques. They will have experienced rounders and cricket, developing their knowledge of the key skills and rules and regulations. They will now begin to explore problem solving activities through outdoor adventurous activities and develop their communication, teamwork and planning skills.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"> • What happens to our heart rate when we start to warm-up? • What happens to the temperature of the muscles when we warm-up? • What happens to our respiration rate when we exercise? • What happens to our body temperature when we exercise? • What happens to the length of our muscles when we stretch? • How can I change a pass to make it travel further? • How do we perform a set? • How do we perform a dig? • How do we block the ball? • How do I serve in volleyball? • What are the two ways we can serve in volleyball? 	<ul style="list-style-type: none"> • How does fitness impact performance? • What impact does flexibility have on my performance? • What choreographic devices can I use to enhance my dance? <p>Analysis</p> <ul style="list-style-type: none"> • How do I know I can perform X skill well? • What is the impact of set tactics on my/our performance? • Why do we have rules? • What rules keep us safe? • How can I improve my performance?

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	<ul style="list-style-type: none"> • What order should the shots be performed in volleyball? • How many touches of the ball can a team have before it must go over the net? • How can I communicate effectively? • How can we work as a team to solve problems? • What are the different types of leadership? • How should we enter water safely? • How can we get help if there is an emergency in the pool? • How should we move safely around the pool? • What is the correct arm action for: breaststroke, front crawl & backstroke? • What is the correct leg action for breaststroke, backstroke and front crawl? • How do we breathe when performing breaststroke and front crawl? • What is HRE? • How can exercise improve our health and fitness? • What is circuit training? • How can we test/measure our levels of fitness? • How do we make our training harder? • Are there different types of fitness? <p>Analysis</p> <ul style="list-style-type: none"> • What skills can I perform well? • What tactics am I able to apply? • What rules & regulations do I understand? • What are my areas requiring improvement? • What impact do the strategies I apply have? 	
	Skill/Technique	How students will develop and demonstrate this

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Key skills	<ul style="list-style-type: none">• Passing & Receiving over short and long distances• Moving with a ball• Defending a player with the ball• Defending a player without the ball• Decision making – tactics & application of skills• Frontcrawl• Breaststroke• Backstroke• Analysis of own performance• Teamwork• Oral communication	<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">• Performing set skills with some control and accuracy• Apply skills to competitive situations with some success• Apply some tactics with some success• Create a dance that contains the set criteria
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Summer Term		
What has come before and what comes later:	Previously the students will have learnt the key skills required for volleyball and developed their ability to select the correct skills to apply to the competitive situation. They will have begun to develop their swimming strokes and this will continue into the summer term. They will now learn the basic skills used in trampolining and handball.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"> • How do we get on and off a trampoline safely? • What role does a spotter have? • How do we bounce in trampolining? • How can I get more height when bouncing? • How do we kill the bounce when trampolining? • What shapes can we perform when trampolining? • How do we perform a tuck? • How do we perform a pike? • How do we perform a straddle? • How do we perform a seat drop? • How do we perform swivel hips? • What can I use to help choreograph a dance that is pleasing to the eye? • What is a choreographic device? • How can we use the music to make our dance more effective? • How many beats do we count to in dance? <p>Analysis</p> <ul style="list-style-type: none"> • What skills can I perform well? 	<ul style="list-style-type: none"> • How can I make my trampolining routine more aesthetically pleasing? • How can we outwit our opponents in handball? <p>Analysis</p> <ul style="list-style-type: none"> • How do I know I can perform X skill well? • What is the impact of set tactics on my/our performance? • Why do we have rules? • What rules keep us safe? • How can I improve my performance?

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	<ul style="list-style-type: none">• What tactics am I able to apply?• What rules & regulations do I understand?• What are my areas requiring improvement?• What impact do the strategies I apply have?	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none">• Decision making – tactics & application of skills• Analysis of own performance• Teamwork• Oral communication• Footwork• Frontcrawl• Breaststroke• Backstroke• Basic bounce• Killing the bounce• Shapes in the air – tuck, pike & straddle• How to spot safely	<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">• Apply skills to competitive situations with some success• Apply some tactics with some success• Spot correctly• Perform a 5 bounce routine