

Physical Education
YEAR 7 CURRICULUM INFORMATION

'Building knowledge, understanding, memory and performance.'

What will students be learning?	Autumn 1			Autumn 1		
	Boys: Rugby			Boys: Racquets		
	To know (Building new knowledge)	To understand (Y7 – verbalise)	To be able to do (Performance)	To know (Building new knowledge)	To understand (Y7 – verbalise)	To be able to do (Performance)
	<ul style="list-style-type: none"> The correct technique for catching the ball. How to receive and then pass the ball using the correct technique. The correct safe technique for tackling in Rugby. How to present the ball after a tackle/touch Outwith the opponent using width 	<ul style="list-style-type: none"> Verbally coach a partner the correct receive and passing technique of a rugby ball. Verbally tell a partner the basic principles of tackling in Rugby State and explain the rules regarding tackling within the game. How to replicate core game skills to outwit an opponent in a game situation. 	<ul style="list-style-type: none"> Receive the rugby ball using the correct W technique. Pass the ball to another player using the correct 2 handed technique. Tackle an opponent safely using the correct safe technique. Apply a range of strategic and tactical plays. Demonstrate how to outwit the opponent in a game situation. 	<ul style="list-style-type: none"> Footwork and coordination: moving into position to be able to hit a moving object with a racket. Correct grip: holding the racket with correct grip Body position: correct body position, arm position and technique Developing racket technique: developing accuracy and consistency 	<ul style="list-style-type: none"> Visually identifying the flight of the ball/shuttle and moving into the correct position to be able to hit the object. V shaped grip Side on, small steps to get into position. C shape arm movement for the forehand, Accuracy of the shot away from opponent. 	<ul style="list-style-type: none"> Students should be able to perform the skills in both conditioned and full game situations. Their movement within the drills/conditioned games and full games should link their individual skills. The service action is clear as is the use of the correct rules for the serve. Apply the basic rules to small conditioned and open play. Scoring is done correctly.

<p>How will students be assessed?</p>	<p>Students will be formatively assessed throughout various skills and techniques. This allows for live feedback for each student, reinforcing techniques and opportunity for reflection before final application opportunities.</p> <ul style="list-style-type: none"> • Foundation skills/knowledge – assessed through live verbal and visual feedback and the assessment of application. • Declarative knowledge - the key information that students require will be assessed through questioning, verbal discussions, and leadership opportunities. • Procedural knowledge - will be assessed through data, essentially how fast, far, and long are the performances. <p>Opportunities for further assessment strategies will be built into lesson time covering elements of verbal contributions/team work/leadership/students ability to apply new concepts/problem solving/the application of rules of the game, during drills and during performer, either as an performer or coach.</p>	<p>Students will be formatively assessed throughout various skills and techniques. This allows for live feedback for each student, reinforcing techniques and opportunity for reflection before final application opportunities.</p> <ul style="list-style-type: none"> • Foundation skills/knowledge – assessed through live verbal and visual feedback and the assessment of application. • Declarative knowledge - the key information that students require will be assessed through questioning, verbal discussions, and leadership opportunities. • Procedural knowledge - will be assessed through data, essentially how fast, far, and long are the performances. <p>Opportunities for further assessment strategies will be built into lesson time covering elements of verbal contributions/teamwork/leadership/students ability to apply new concepts/problem solving/the application of rules of the game, during drills and during performer, either as an performer or coach.</p>
<p>Literacy – What keywords will be taught?</p>	<ul style="list-style-type: none"> • Passing • Receiving • Tackling • Communication • Confidence • Use of language (oracy) • Rules & regulations • Strength • Power • Speed • Agility 	<ul style="list-style-type: none"> • Forehand • Serve • Elevation • Movement • Agility • Speed • Timing • Coordination • Receive • Opposition • Baseline

	<ul style="list-style-type: none"> • Coordination 	
What employability skills are being developed?	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication • Observation skills • Officiating and leadership opportunities • Performance analyst opportunities • Verbalising and feedback opportunities 	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication • Observation skills • Officiating and leadership opportunities • Performance analyst opportunities • Verbalising and feedback opportunities
Wider Curriculum Links?	<ul style="list-style-type: none"> • Mathematics – working with data through timing and pacing. • Biology – effects of exercise on the body. • Food Technology – link between diet and exercise. 	<ul style="list-style-type: none"> • Mathematics – working with data through timing and pacing. • Biology – effects of exercise on the body. • Food Technology – link between diet and exercise. • D&T – trajectories. • Physics – forces and movement.
What useful websites are there for this topic?	<p>Skills - https://www.rugbycoachweekly.net/rugby-coaching/team-management/develop-the-five-core-skills</p> <p>Skills - https://www.rugbyskillsdrills.com/attack/passing-the-ball/</p> <p>https://www.youtube.com/watch?v=mRoR2mpJwiA</p> <p>Bitesize - https://www.bbc.co.uk/bitesize/guides/z87j2p3/revision/4</p> <p>Rules and Regulations - https://www.world.rugby/the-game/laws/home</p> <p>https://www.englandrugby.com/governance/rules-and-regulations</p>	<p>https://www.badmintonengland.co.uk/on-court/junior/</p> <p>http://fouroaksbadmintonclub.co.uk/junior-coaching/</p> <p>https://www.legacy-wm.org/health-and-wellbeing/events/2021/kids-badminton</p> <p>https://www.premier-education.com/activities/sports-activities/badminton/</p> <p>https://www.teachpe.com/badminton</p> <p>https://www.bbc.co.uk/bitesize/guides/z37j2p3/revision/3</p>

	https://www.rugbycoachweekly.net/small-sided-games/three-cards-games	
What wider reading could be done for this topic?	<p>Skills - https://www.bbc.co.uk/bitesize/topics/zp2m7hv</p> <p>History - https://www.world.rugby/the-game/beginners-guide/history</p>	<p>https://www.theukrules.co.uk/rules/sport/badminton/juniors.html</p> <p>https://www.bbc.co.uk/bitesize/guides/z37j2p3/revision/344</p>
<p>Community Links</p> <p>What else can students be doing independently to develop their understanding of this topic?</p>	<ul style="list-style-type: none"> • Join local Rugby club such as Sutton Rugby club or Spartans RFC. • Watch YouTube videos of rugby in action • Attend rugby camps in Half term. 	<ul style="list-style-type: none"> • The students have inter house completion. • In conjunction with this the students have excellent access to both training facilities and local clubs.