

Physical Education
YEAR 7 CURRICULUM INFORMATION

'Building knowledge, understanding, memory and performance.'

What will students be learning?	Autumn 1 and 2			Autumn 1 and 2		
	Girls: Netball			Girls: Hockey		
	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"> Students to have the basic K&U of the footwork rule. Students know a variety of communication methods throughout the game. Students know how the use of space and avoiding clusters affects performance. Students know why angles are important in attacking play. Students know the positions of play and areas of the court allocated for each role. Students know the basic rules of play including those linked 	<ul style="list-style-type: none"> Students should be able to verbalise how to apply the footwork rule. Students should be able to verbalise different methods to bring the ball down court successfully with different formations. Students should be able to verbalise the effectiveness of running on angles. Students should be able to verbally explain the rules of the full game and offer examples as to how each affects different positions. Students should be able to verbally 	<ul style="list-style-type: none"> To use a variety of passing techniques. Apply the footwork rule consistently. To jump to receive the ball and turn before landing to create a better passing position. Use signals and communication through the use of gestures. Incorporate speed and changes in speed throughout tasks and play. Apply single and double dodges into closed tasks and open conditioned games. Run towards the ball and utilise angles. Play in differing positions. Apply the rules to small conditioned and open play. 	<ul style="list-style-type: none"> Students will be able to show basic hand eye co-ordination. Students will know a variety of techniques to outwit opponents. Students will understand the importance of a basic push pass and a block tackle. Students will know the basic formation in a game and basic rules. 	<ul style="list-style-type: none"> Students will be able to describe the correct technique to use to keep the ball under control. Students will be able to instruct and support goal keepers in putting the kit on and know the importance of wearing it. Students will be able to discuss the differing dribbling techniques and the benefits of them. Students should be able to verbally explain the rule when the ball hits your feet. 	<ul style="list-style-type: none"> Students will be able to select the appropriate dribbling technique to outwit an opponent. Students will be able to demonstrate in a game situation basic passing and tackling. Students will be able to show the basic rules in a competitive situation. To show speed and agility when performing in drills and conditioned games. .

to side lines, backlines and centre passes.	<p>explain the regulations surrounding backlines and side lines within open play.</p> <p>Students should be able to verbally explain the rules surrounding a centre pass.</p>	<ul style="list-style-type: none"> • Work in groups to devise different side lines and backline options. • Devise differing centre pass options utilising diagonal runs as part of a group.. 			
How will students be assessed?	<p>Students will be formatively assessed throughout each performance completed. This allows for an excellent opportunity for live feedback to be given to each student, opportunity for them to reflect on said feedback and finally apply what has been reinforced.</p> <p>Declarative knowledge, the key information that students will require will be assessed through questioning. Procedural knowledge, the doing, will be assessed through game performance.</p> <p>Alongside the levels identified on the assessment grid teachers will consider the following when assessing students:</p> <ul style="list-style-type: none"> • Verbal contributions • Team work • Leadership • Students' ability to apply new concepts. • Problem solving approaches. • The application of rules in positions such as coaching and umpiring. 		<p>Students will be formatively assessed throughout each performance completed. This allows for an excellent opportunity for live feedback to be given to each student, opportunity for them to reflect on said feedback and finally apply what has been reinforced.</p> <p>Declarative knowledge, the key information that students will require will be assessed through questioning. Procedural knowledge, the doing, will be assessed through game performance.</p> <p>Students will be assessed in various ways, such as:</p> <ul style="list-style-type: none"> • Verbal contributions • Teamwork • Leadership • Students ability to apply new concepts • Problem solving approaches • The application of rules in positions such as coaching and umpiring. <p>Students will be assessed at the end of the double block. Teacher will also make assessments during lessons to ensure students are challenged at the right level.</p>		
Literacy – What	Counter. Travel. Flow.		<ul style="list-style-type: none"> • Open stick • reverse stick • 16 yard hit out 		

keywords will be taught?	<p>Backline Pivot One-Two step</p>	<ul style="list-style-type: none"> • Short corner • long corner • side line ball • Indian dribble • push pass • slap hit • block tackle • Shin pads • Gum shield • pelvis protector • neck guard • pads. • Run out • 4 and 6 in relation to boundaries • Speed • Acceleration • Wide • Drive shot • Hook shot • Pull shot
What employability skills are being developed?	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication 	<ul style="list-style-type: none"> • Perseverance • Self-motivation • Competitiveness • Communication • Observation skills • Officiating and leadership opportunities • Performance analysis opportunities • Verbalising and feedback opportunities

Wider Curriculum Links?	<p>Maths – data</p> <p>Biology – effects of exercise on the body.</p>	<ul style="list-style-type: none"> • Maths – Data • Biology – Effects of exercise on the body
What useful websites are there for this topic?	<p>https://www.englandnetball.co.uk/play-netball/</p> <p>https://www.yourschoolgames.com/taking-part/our-sports/netball/</p> <p>https://powerplay.co.uk/netball</p> <p>https://netball.sport/</p> <p>https://www.netballsl.com/</p> <p>https://www.bbc.co.uk/bitesize/topics/zsx6mnb</p>	<p>England Hockey - https://www.englandhockey.co.uk/play/junior-club-hockey/hockey-heroes</p> <p>History of Hockey - https://kids.britannica.com/kids/article/field-hockey/476276</p> <p>Hockey Techniques - https://hockeyperformanceacademy.com/top-10-field-hockey-skills-to-master/</p> <p>Rules of Hockey - https://www.englandhockey.co.uk/governance/rules-and-regulations/rules-of-hockey</p>
What wider reading could be done for this topic?	<p>https://www.bbc.co.uk/bitesize/guides/z2spfrd/revision/3</p> <p>https://www.bbc.co.uk/bitesize/topics/zsx6mnb</p>	<p>Learn to play - https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment/non-exam-assessment-nea-practical-performance-in-physical-activity-and-sport/activities-criteria/hockey</p> <p>https://www.bbc.co.uk/bitesize/guides/zqm7xsg/revision/5</p> <p>https://www.thehockeypaper.co.uk/articles/2022/04/20/developing-control-skills-in-hockey</p>
Community Links What else can students be doing	<p>https://netballwestmidlands.co.uk/</p> <p>https://www.birminghamnetball.co.uk/caps.html</p> <p>https://www.englandnetball.co.uk/play/back-to-netball/</p>	<p>Sutton Coldfield Hockey Club - https://www.suttoncoldfieldhc.co.uk/</p> <p>Hockey England – National Fixtures - https://www.englandhockey.co.uk/teams/sutton-coldfield-6-mens</p>

independently
to develop
their
understanding
of this topic?

<https://suttontown.hitssports.com/links/default.aspx>

Find your nearest League - https://www.play-hockey.co.uk/?gclid=EAlaIqobChMlotOC2_migQMV94dQBh0N-w1uEAMYASAAEgJYQfD_BwE