

PE

Our curriculum at Ebor Filey is designed to build fitness, knowledge, physical skills, and self-awareness resulting in confident students who continue to participate in sport or physical activity once they leave school. It provides a broad and engaging range of sports selected to continue the students' progress from primary school and embed previous experiences, so that they can continue to grow their love of all sport and physical activity.

Knowledge

		Autumn term		Spring term		Summer term	
		Boys	Girls	Boys	Girls	Boys	Girls
Half term 1		Badminton: Exploring the basic rules and techniques involved in singles badminton	Netball: exploring the rules and structures of the game and learning positional sense	Table Tennis: Exploring the basic rules and techniques involved in singles table tennis	Dance: Exploring the main dance principles through both set dance and creative dance.	Track: Exploring a range of running techniques and the competition rules governing each event	Field: Exploring jumping and throwing techniques and the competition rules governing each event
		Rugby Union: Exploring the skills and techniques within the game.	Badminton: Exploring the basic rules and techniques involved in singles badminton	Football: Exploring the skills and techniques within the game.	Football: Exploring the skills and techniques within the game.	Field: Exploring jumping and throwing techniques and the competition rules governing each event	Track: Exploring a range of running techniques and the competition rules governing each event
		Important vocabulary:		Important vocabulary:		Important vocabulary:	
		Forehand Backhand Side line Passing lines Offside Handling Territory	Forehand Backhand Side line Overhead Footwork Contact Obstruction	Spin Drive Momentum Disguise Feint Balance Respect Fine Motor Skills	Momentum Disguise Feint Canon climax duet choreograph	Pace Momentum Balance Challenge Competence Complex Sustained	Balance Challenge Competence Complex coordination Sustained Endurance
Half term 2		Basketball: Exploring the basic rules and techniques involved in singles basketball	Fitness: Explore own fitness and how improving their fitness impacts on their health. They will record and monitor their	Fitness: Explore own fitness and how improving their fitness impacts on their health. They will record and monitor their personal progress	Gymnastics: Explore specific gymnastic techniques and to perform them consistently. Create, plan, perform and	Cricket: Exploring the basic rules and techniques involved in batting, fielding and bowling	Tennis: Exploring the basic rules and techniques involved in singles tables tennis

	personal progress		evaluate sequences on both the floor.		
OAA: Using teamwork, problem solving and confidence through participating, planning and leading activities. Throughout the unit they will have the opportunity to work independently and collaboratively as part of groups.	Hockey: Exploring the skills and techniques within the game.	Hockey: Exploring the skills and techniques within the game.	OAA: Using teamwork, problem solving and confidence through participating, planning and leading activities. Throughout the unit they will have the opportunity to work independently and collaboratively as part of groups.	Softball: Exploring the basic rules and techniques involved in batting, fielding and pitching	Rounders: Exploring the basic rules and techniques involved in batting, fielding and bowling
Important vocabulary:		Important vocabulary:		Important vocabulary:	
Fitness Tactic Sustained Strategy Team work Side-line	Fitness Sustained Circuit Training Endurance Hypertrophy Body mass index	Effectiveness Circuit Training Endurance hypertrophy Body mass index Fitness	Fitness Flexibility Strength Team work Balance Power Sequence	Control Tactic Strategy Fine Motor Skills Frequency Sportsmanship	Fitness Sustained Tactic Effectiveness Fine Motor Skills Sportsmanship

3. The main skills you will develop in Year 7:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- develop their technique and improve their performance in other competitive sports
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

How parents can help:

Think about just being active, joining scouts/guides or cadets.

Use sports Apps and social media to join groups to set goals together and track performance

Encourage joining a team or club.

Set challenges with rewards

Turn off the TV and internet for a few hours on weekends

Do fun activities with them, make it a family event like a bike ride or dog walk etc.

Watch live sport together to see skills in practice, together with rules and regulations

How your child will be assessed:

Assessment of learning takes many forms.

In P.E. we value the importance of providing students with oral formative feedback that enables them to progress immediately with the lesson. This may be a physical adjustment or and tactical one depending on the activity.

Students are informally constantly assessed against a set of criteria for the sport to track their progress in different disciplines.

We also complete a summative assessment, which normally takes the form of a match, game situation or final piece. This takes place once each half term for both sports, to provide a portrait of the skills students have gained and those which still require development. This is used, along with their progress throughout the term, to inform the reports you receive home. Snapshot