



**Academic Learning Plan
Year 7 PE**

The specific order of activities is individual to each teaching group and can be found on the programme of study document. The activity order for each group considers the seasons of various sports as well as the need and availability of the required facilities and resources (i.e. gymnastics requires access to the sports hall, rugby season in Somerset schools is in the autumn term).



	Rugby	Hockey	Dance	Netball	Football	Athletics	Striking/Fielding	Tennis	
Skills	Passing & receiving (stationary and on the move/both directions) Ground pick ups Side tackle Rucking & clearing out Recycling the ball at the breakdown Presenting the ball at the break down (pop or place) 1 man scrums	Passing & receiving Tackling Outwitting an opponent Dribbling Shooting Formations Gameplay Basic rules	Actions Space Dynamics Relationships Routine Choreography	Passing Footwork Positions/basic rules Moving into space Shooting Marking	Shooting Passing Dribbling Controlling Outwitting an opponent Gameplay / basic rules Defending principles Attacking principles	Shooting Passing Dribbling Controlling Outwitting an opponent Gameplay / basic rules Defending principles Attacking principles	Jumps – long jump, high jump, triple jump Throws – shot putt, javelin, discuss Sprints – 100m, 200m, 300m/400m Long distance – 800m, 1500m Pacing, sprint starts	Throwing and catching Fielding Bowling Batting Fielding tactics Gameplay / basic rules	Ready position Serving (underarm) Footwork Ground strokes (forehand & backhand) Volleying Top spin
Knowledge	Basic rules Offside rule Safety during contact Creating space Committing the defender Defensive line Attacking line	Know how to hold the stick. Can name the key roles/positions in the game. Will attempt to apply the rules of the game correctly. Basic tactics. Importance of safety equipment eg. Gum shield, shin pads. Know location of local clubs.	Modify their use of skills or techniques to achieve a better result. Change parts of a routine as a result of self-and peer evaluation. Name 5 main actions of dance. Know location of local clubs.	Can name the key roles/positions in the game. Will attempt to apply the rules of the game correctly. Basic tactics. Know location of local clubs.	Understand best part of foot to accurately pass the ball and shoot. Can name the key roles/positions in the game. Will attempt to apply the rules of the game correctly. Basic tactics. Know location of local clubs.	Understand best part of foot to accurately pass the ball and shoot. Can name the key roles/positions in the game. Will attempt to apply the rules of the game correctly. Basic tactics. Know location of local clubs.	Safety principles when preparing for and during athletic events Key rules to perform events legally. The concept of a 'personal best' and how this is used to track progress. Estimating distance of throws/jumps Know location of local clubs.	Can name the key roles/positions in the game. Will attempt to apply the rules of the game correctly. Basic tactics. Know location of local clubs.	Scoring Outwitting opponent Basic rules Court boundaries for singles doubles Tactics for singles/doubles Effective court positioning
Key Words	Try, conversion, ruck, forwards, backs, scrumhalf, tackle, tower of power	Free hit, D, long corner, push pass, stick tackle, flat side of stick, attackers, midfielders, defenders	Gesture, travel, space, jump, stillness, canon, mirror, contrast, routine, dynamics, relationships, pathways	Footwork, chest pass, bounce pass, overhead pass, goal keeper, goal defence, wing defence, centre, wing attack, goal attack, goal shoot, contact, pivot.	Side foot, throw in, goal kick, free kick, penalty kick, handball, possession, marking, corners, defenders, midfielders, attackers.	Side foot, throw in, goal kick, free kick, penalty kick, handball, possession, marking, corners, defenders, midfielders, attackers.	Javelin, discuss, shot putt, sprint, safety line, throwing line, start line, finish line, take-off board, track, long distance, pacing, long jump, triple jump, high jump, personal best	Stance, no ball, 1 st /2 nd /3 rd /4 th base, deep field, bowler, backstop, overarm throw, underarm throw, ½ rounder, full rounder	Serve, backhand, forehand, volley, love, deuce, advantage, racket, court, baseline, net
Assessme	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	Via practical observations and question and answer sessions during lessons.	

Enrichment

Students have numerous opportunities to enrich what they have learnt in lessons through regular lunchtime and afterschool clubs, fixtures, inter- house games, as well as the opportunities to lead and officiate during Crewkerne and Ilminster School Partnership (CISP) primary sports events. Current lunch and afterschool club timetables can be found on the PE section of the school website.