

# PE Curriculum Map (Year 7)

[2022 – 2023]

Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)



**Year 7 – Term 3**

- Increase physical competency in a range of athletic events and striking and fielding games.
- Increase resilience and strive for personal best.
- Understand rules/regulations.
- To understand what makes a performance effective and how to improve.

**Sports Day**  
(House Comp)

**Performing at maximum levels**  
Develop technique and competition  
Extra Curricular  
Halton Athletics Competition.

**Overcoming an opponent**  
Striking and fielding  
Extra Curricular  
Rounders/ Cricket SG's competitions

**Interim Assessment**

**Interim Assessment**

**Year 7 – Term 2**

- Increase physical competency in a range of net and wall games and gymnastics.
- Gain an understanding of working as a team and leadership skills.
- To understand short term effects of exercise on the body.

**Leadership and teamwork**  
Problem Solving

**Exploring Net and Wall activities**  
Basic shots  
Extra Curricular  
Table Tennis/ Badminton SG's

**Accurate replication**  
Travel

**Rowathon**  
(House Comp)

**Heath Games**  
(House Comp)

**Year 7 – Term 1**

- Develop the fundamentals of movement
- Increase physical competency in a range of fitness and games activities
- Gain an understanding of the component of fitness and importance of exercise
- Understand rules/regulations.

**Overcoming an opponent**  
Skill development  
Extra Curricular  
Cheshire Cup/ ESFA  
SG's Netball/Football/basketball

**Developing Health & Fitness**  
Personal Best  
Extra Curricular  
Sports hall Athletics  
Cheshire Cross Country

**Fundamentals in movement**  
3 part warm up  
Pulse raiser  
Dynamic stretches  
Game related skill

**Baseline assessment:**  
Agility  
Balance  
Co-ordination