

Year 7	UNIT TITLES	Learning Objectives	Assessment
<p>Autumn Term 1</p> <p>Sept – Oct</p>	<p>Module One:</p> <p>Netball</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • To understand the 5 basic skills needed to play the game. • To be able to perform the skills in isolation and in a game to outwit their opponent. • To understand simple rules and develop team play. 	<ul style="list-style-type: none"> • Develop the 5 basic skills in isolation and in a Game situation. To be able to perform them with precision and consistency.
<p>Autumn Term 2</p> <p>Nov - Dec</p>	<p>Module Two:</p> <p>Dance</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • To introduce the concepts of the Bollywood theme. • To understand the techniques of Indian dancing. • To understand and use choreographic devices. • To have an understanding of key terms in dance. 	<ul style="list-style-type: none"> • Group Dance Assessment. • Can perform the Bollywood technique showing fluidity in final performance. • Understands and can explain what choreographic devices used in the dance • Can use dance terminology fluidly when explaining i.e. Motif, Cannon, Unison, Direction • Can observe, verbally evaluate and explain in detail other dances

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<p>Spring Term 1 Jan - Feb</p> <p>Spring Term 2 Mar - Apr</p>	<p>Module Three: Gymnastics</p> <p>Module Four: Volleyball</p>	<p>Pupils will learn to:</p> <ul style="list-style-type: none"> • Consolidate knowledge and skills of flight. • Understand the principles of flight, devising simple sequences individually and with partner, developing skills of flight using apparatus, development an appreciation of body shape and aesthetic quality. <p>Pupils will:</p> <ul style="list-style-type: none"> • Identify key skills needed to play the game. • Develop team play. • Understand and use basic rules and scoring system. 	<ul style="list-style-type: none"> • Pair Gymnastics Routine Assessment. • Pupils change or adapts a basic sequence into one with jumps that require accuracy and control. • Refines sequence with partner to move seamlessly between elements. • Includes original ideas of flight/assisted flight. <ul style="list-style-type: none"> • Game situation Assessment. • Demonstrate all three main skills in practices. • Can start the game with a serve consistently. • Move to play digs and volleys in a game. • Know the rules of 3v3 volleyball and how to score.

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<p data-bbox="210 359 407 387">Summer Term 1</p> <p data-bbox="210 419 331 448">May - Jun</p> <p data-bbox="210 783 407 812">Summer Term 2</p> <p data-bbox="210 844 311 873">Jun - Jul</p>	<p data-bbox="488 359 651 387">Module Five:</p> <p data-bbox="488 411 584 440">Fitness</p> <p data-bbox="488 805 640 834">Module Six:</p> <p data-bbox="488 858 577 887">Tennis</p>	<p data-bbox="999 359 1205 387">Pupils will learn:</p> <ul data-bbox="999 419 1534 480" style="list-style-type: none"><li data-bbox="999 419 1534 480">• The components of Fitness using GCSE vocabulary and practical activities / tests.	<ul data-bbox="1693 359 2085 732" style="list-style-type: none"><li data-bbox="1693 359 2085 387">• Theory Assessment<li data-bbox="1693 392 2085 480">• I can lead a warm up and cool down and understand why they are necessary.<li data-bbox="1693 485 2085 572">• I can name 6 muscles that should always be warmed up before exercise.<li data-bbox="1693 577 2085 665">• I can identify 2 components of Fitness and understand what they mean.<li data-bbox="1693 670 2085 732">• I understand and can explain pulse rates.

PE Year 7