



Curriculum Summary Document

Year 7/8 – Core Physical Education

Pride

Respect

Success

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Rugby	Autumn Term	<p>Students learn in Rugby by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. tackling or handling)</i> - <i>Knowing how to perform movements (i.e. tackling or handling)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Rugby)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Rugby)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - Develop student motor competency <i>(the ability to create movement, or deliver skills in a technically correct fashion)</i> - Rules, strategies and tactics <i>(understanding of rules, regulations and to show tactical nous)</i> - Encouraging healthy active participation <i>(including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>

Netball	Autumn Term	<p>Students learn in Netball by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. ball handling and specific types of pass)</i> - <i>Knowing how to perform movements (i.e. ball handling and specific types of pass)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Netball)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Netball)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - <i>Develop student motor competency (the ability to create movement, or deliver skills in a technically correct fashion)</i> - <i>Rules, strategies and tactics (understanding of rules, regulations and to show tactical nous)</i> - <i>Encouraging healthy active participation (including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
----------------	-------------	---	--	--

Badminton	Autumn/Spring Term	<p>Students learn in Badminton by achieving from the criteria:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. serving or forehand shots)</i> - <i>Knowing how to perform movements (i.e. serving or forehand shots)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Badminton)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Badminton)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - <i>Develop student motor competency (the ability to create movement, or deliver skills in a technically correct fashion)</i> - <i>Rules, strategies and tactics (understanding of rules, regulations and to show tactical nous)</i> - <i>Encouraging healthy active participation (including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
------------------	--------------------	---	--	--

Strength and Conditioning	Autumn/Spring Term	<p>Students learn in Strength and Conditioning by achieving from the criteria:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. body weight squat or a deadlift)</i> - <i>Knowing how to perform movements (i.e. bodyweight squat or a deadlift)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of S&C)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of S&C)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - Develop student motor competency <i>(the ability to create movement, or deliver skills in a technically correct fashion)</i> - Rules, strategies and tactics <i>(understanding of rules, regulations and to show tactical nous)</i> - Encouraging healthy active participation <i>(including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
----------------------------------	--------------------	--	--	--

Football	Spring Term	<p>Students learn in Football by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. long distance passing or tackling)</i> - <i>Knowing how to perform movements (i.e. long distance passing or tackling)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Football)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Football)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - Develop student motor competency <i>(the ability to create movement, or deliver skills in a technically correct fashion)</i> - Rules, strategies and tactics <i>(understanding of rules, regulations and to show tactical nous)</i> - Encouraging healthy active participation <i>(including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
-----------------	-------------	--	--	--

Hockey	Spring Term	<p>Students learn in Hockey by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. receiving the ball and dribbling)</i> - <i>Knowing how to perform movements (i.e. receiving the ball or dribbling)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Hockey)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Hockey)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - Develop student motor competency <i>(the ability to create movement, or deliver skills in a technically correct fashion)</i> - Rules, strategies and tactics <i>(understanding of rules, regulations and to show tactical nous)</i> - Encouraging healthy active participation <i>(including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
---------------	-------------	---	--	--

Athletics	Summer Term	<p>Students learn in Athletics by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. sprinting, jumping or throwing)</i> - <i>Knowing how to perform movements (i.e. sprinting, jumping or throwing)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Athletics)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Athletics)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - <i>Develop student motor competency (the ability to create movement, or deliver skills in a technically correct fashion)</i> - <i>Rules, strategies and tactics (understanding of rules, regulations and to show tactical nous)</i> - <i>Encouraging healthy active participation (including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
------------------	-------------	---	--	--

Cricket	Summer Term	<p>Students learn in Cricket by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what movement looks like (i.e. bowling, batting or fielding)</i> - <i>Knowing how to perform movements (i.e. bowling, batting or fielding)</i> - <i>Knowing what the rules are (i.e. the rules and etiquette of Cricket)</i> - <i>Knowing how to perform to the rules (i.e. being able to follow the rules and etiquette of Cricket)</i> - <i>Knowing what health and fitness means</i> - <i>Knowing how to participate in physical activity</i> 	<p>In Physical Education students will:</p> <ul style="list-style-type: none"> - Develop student motor competency <i>(the ability to create movement, or deliver skills in a technically correct fashion)</i> - Rules, strategies and tactics <i>(understanding of rules, regulations and to show tactical nous)</i> - Encouraging healthy active participation <i>(including how to participate and the benefits of exercise).</i> 	<p>English Science Maths Geography History CLASS</p>
----------------	-------------	---	--	--