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| **Curriculum Plan for Parents – Year 7** |

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| **Subject** | Physical Education | **Contact Person** | Mrs S.Maddock |

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| **Half term and topic** | **Your child will learn....** | **Key Homework** | **Assessment** |
| Autumn 1 | Using a range of tactics and strategies to overcome opponents in direct competition through team and individual games: This includes activities in which the concept of success is to overcome an opponent or opponents in a face-to-face competition. Opponents can directly affect each other’s performance and the key is to outwit the opposition. For example: Invasion games (e.g. netball, football, hockey, basketball, Gaelic football, tag rugby, ultimate frisbee); Net/wall games (e.g. volleyball, tennis, badminton, table tennis); Striking/fielding games (e.g. rounders ,baseball cricket ). Experience a range of roles within a physical activity these include performer, leader and official. | N/A | Teacher  Peer  Self  End of unit level. |
| Autumn 2 | Develop their technique and improve their performance in competitive sports: This includes activities in which success is judged on the ability to repeat actions, phrases and sequences of movement as perfectly as possible. Examples include: gymnastics, trampolining, athletrics and cheerleading. Record and review performances; Record data for the purposes of personal improvement. Follow pathways to other activities in and beyond school | N/A | Teacher  Peer  Self  End of unit level. |
| Spring 1 | Perform dances using advanced dance techniques within a range of dance styles and forms: This includes activities in which success is considered in relation to how well a performer or choreographer expresses ideas, feeling, concepts or emotions to communicate artistic or choreographic intentions to an audience. Dance styles could include capoeira, contemporary dance, country dancing, ballet, Indian hand dance and street dance. Perform as an individual, in a group or as part of a team. | N/A | Teacher  Peer  Self  End of unit level. |
| Spring 2 | . Using a range of tactics and strategies to overcome opponents in direct competition through team and individual games: This includes activities in which the concept of success is to overcome an opponent or opponents in a face-to-face competition. Opponents can directly affect each other’s performance and the key is to outwit the opposition. For example: Invasion games (e.g. netball, football, hockey, basketball, Gaelic football, tag rugby, ultimate frisbee); Net/wall games (e.g. volleyball, tennis, badminton, table tennis); Striking/fielding games (e.g. rounders ,baseball cricket ). Experience a range of roles within a physical activity these include performer, leader and official. | N/A | Teacher  Peer  Self  End of unit level. |
| Summer 1 | 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. This includes activities in which success is judged on how efficiently and safely challenges are overcome. Examples include orienteering, team building and problem solving. | N/A | Teacher  Peer  Self  End of unit level. |
| Summer 2 | Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. | N/A | Teacher  Peer  Self  End of unit level. |