

Year 7 – CORE PE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>The following activities are run on a carousel throughout the autumn and spring terms.</p> <h2>Dance</h2> <ul style="list-style-type: none">• Professional Works: Carman (Matthew Bourne) Skill: Replication of set material, Use of choreographic devices (Unison / Cannon, Levels, Contrasting dynamics, Formations and transitions) and Performance quality. Concepts: Quality of performance & quality of choreography. Milestone Assessment: Individual performance quality of routine & quality of group composition. <h2>Gymnastics</h2> <ul style="list-style-type: none">• Skill: Rotation, Balance (individual), flight, Use of low level apparatus Concepts: Choreography / composition. Milestone Assessment: Performance quality of routine & quality of individual composition. <h2>Swimming</h2> <ul style="list-style-type: none">• Stroke Swimming, observation & analysis, peer feedback. Milestone Assessment: Quality of stroke production. <h2>Invasion Games (Netball and Rugby)</h2> <ul style="list-style-type: none">• Skill: Passing, Ball handling, Dribbling, Shooting, Defending, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Supporting play, Principles of attack and defence, Creating Space. Milestone Assessment: Conditioned practices and small sided games.				<p>The following activities are run on a carousel throughout the summer term.</p> <h2>Athletics</h2> <ul style="list-style-type: none">• Skill: Running, Jumping, Throwing. Knowledge: Basic knowledge of rules and basic timing and measurement of events. Milestone Assessment: Quality of skill production. <h2>Strike and Field Games (Cricket or Rounders)</h2> <ul style="list-style-type: none">• Skill: Throwing, Catching, Batting, Bowling, Structured game play. Knowledge: Basic knowledge of the rules. Concepts: Principles of attack and defence, strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Milestone Assessment: Conditioned practices and small sided games. <h2>Net Games (Tennis)</h2> <ul style="list-style-type: none">• Skill: Serves, Ground strokes (forehand & backhand), Drop shots, Smashes, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Principles of attack and defence, Choice of skill execution. Milestone Assessment: Conditioned practices and match play.	