

Curriculum Implementation Mapping – Skills and Knowledge

Subject:physical education

Year group:7

Topic	rugby	football	netball	hockey	badminton	basketball	gymnastics	Table tennis	SHA	HRF
Knowledge	Tackling: use Passing: technique and decision making Basic positioning: roles of players Laws: knock on fwd pass offside Ruck/maul	Safe tackle Use of space Types of passing:When n to use Dribbling: when to use Basic rules: free kick. Throw ins	3 seconds Replayed ball, footwork, 7 positions Over a third Obstruction Contact Types of passes Types of dodges and application, Marking the player/ball	SAFETY: Handling off stick. Grip.Basic movement passing and stopping. Back stick and tackling rules. Correct use of block tackle. Understanding retention and use of space	Serving use and scoring system for singles and doubles. Use of the overhead clear for depth and putting opponent under pressure	basic rules : travel, double dribble. types of pass and their use in games. Jump Shooting. jump) BEEF . Use of triple threat. refereeing	Core skills: Body control Movement and balances. Creation of routines. Use of core stability	when to use appropriate shots and the Stance, timing, body and bat movement, free arm, table position of: Forehand push, serving, backhand push. serving and basic scoring for singles	correct technique for the various runs(sprints and endurance), jumps(vertical, standing LJ and TJ throws javelin)	Definitions and application in sport: agility, muscular endurance, CV,flexibility. methods of testing . Advantages of components of fitness to sport performance
Skills	Tackling: front, side rear Passing: left and right hand. Take , look , give. Basic 3 man scrums and Ruck/maul Low body position Confidence /teamwork Respect/control	Basic side foot pass left and right foot Basic dribble. Use of space	Passes:Chest, Shoulder,Over head,Bounce pass, 1v1, 2v1.Landing 1 /2 footed Marking:Side on, In front, marking the pass Shooting :BEEF, in isolation 2v1 dodging and defending	Push pass. Stopping and control Types of dribble. Block Tackle shooting	Backhand flick serve Overhead clear Doubles play	Technique for chest and bounce pass. Dribbling technique. JUMP BEEF, Lay up. Use of whistle in refereeing, application of rules	Head stand handstand. Forward backward roll. Continuity of routines(lin king moves)	Stance, timing body and bat movement, free arm, table position of: Forehand push, serving, backhand push. serving and basic scoring for singles	use of kickboards, timing with partners. Coordination for technique for javelin	footwork, safe and correct form for exercises. Carrying out testing

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Topic	athletics	(ath)throws	rounders	tennis	dance	softball	OAA
Knowledge	sprints> pacing of 100,200 , 800 1500. Timing of sprint finish for middle distance sprint hurdles	SAFETY> javelin discus and shot. correct technique maximising force though the is of all muscles in the body, not just the arms	striking and fielding. Decision making:throwing over variety of distances (under and over arm) basic roles of post players, fielders, bowler and backstop. Rules regarding no balls, running to bases. Tactics for batters and role of backstop	Groundstrokes: grip, forehand and backhand . use. Movement and the ready position. Rudimentary scoring methods and the service boxes.	Describe actions, gestures and the dynamics (energy, emotion, speed, rhythm etc) Charleston” –	Understand the use of a variety of throwing: underarm short distance and overarm (long distance. Placement to catch a ball) correct use of a long barrier. correct position for batting. Basic rules for fielders and batsmen	Team building/ cooperation exercises distance estimation and pacing
Skills	pacing technique . lead leg and trail leg in hurdles	technique of 3 throws> shot: toe knee chin , dirty neck clean palm jav and discus: long radius and leg hip arm	throwing for distance. batting stance, bowling fielding balls and returning to bases.	Fundamentals of forehand and backhand strokes. Hand and racket feeds	matching, mirroring, side-by-side and in hold. Demonstration of actions, gestures and the dynamics (energy, emotion, speed, rhythm etc	Underarm, overarm throws. Batting catching and long barrier.	Develop cooperation and leadership skills . Understand basic distance estimation and basic compass work

ASSESSMENT PATTERN: Sports assessed per rotation through observation and given professional judgement of EXCELLING, MASTERING, SECURING, DEVELOPING AND EMERGING

Theory knowledge: knowledge of the musculo skeletal system(pp2)To gain an understanding of role of muscles and bones in creating movement, particularly at the knee, hip and ankle. FITNESS components, testing and why we exercise. (PP4)

Healthy active lifestyle(pp6) To gain an understanding of the social, physical and mental benefits of exercise and how to apply a balanced diet in general and amend it meet the demands of exercise