

<p><b>Year: 7</b> <b>Subject: Core PE</b></p>	<p><b>Curriculum Intent:</b> Through the <b>Head</b>, <b>Heart</b> and <b>Hands</b> concept curriculum, learners will use sport and exercise as a vehicle to develop an array of skills that can help them within sporting contexts and crucially in the wider world. In Year 7, learners will develop their knowledge and understanding of basic anatomy &amp; physiology (e.g., identification of muscles and why/how we warm-up), rules and the key coaching points of core skills across a wide range of activities. Furthermore, learners will develop their ability to demonstrate resilience when faced with challenging learning tasks and conditions. Learners will also develop their understanding of specific physical abilities that are required in sport and exercise and will begin to apply them appropriately. The key concepts from Year 7 will continue to be developed and built upon in Year 8 and 9 by acting as the building blocks to developing further key concepts. Across this year, specific attention will be paid to ensuring that learners understand how key concepts are vital to success, not just in sporting contexts, but also in the wider world, such as other subject areas or in the work place, later in life.</p>					
	<b>Term 1</b>		<b>Term 2</b>		<b>Term 3</b>	
<b>Topic Titles</b>	<b>Head &amp; Hands</b>	<b>Heart &amp; Head</b>	<b>Hands &amp; Heart</b>	<b>Head &amp; Hands</b>	<b>Heart &amp; Head</b>	<b>Hands &amp; Heart</b>
<b>Key concepts</b>	<p><b>Knowledge &amp; Understanding</b> Basic rules, how to warm-up effectively, identification of muscles, coaching points for skill replication.</p> <p><b>Physical Ability</b> Development and application of physical attributes for sport/exercise performance.</p>	<p><b>Resilience</b> Perseverance with difficult/challenging tasks/learning conditions.</p> <p><b>Knowledge &amp; Understanding</b> Basic rules, how to warm-up effectively, identification of muscles, coaching points for skill replication.</p>	<p><b>Physical Ability</b> Development and application of physical attributes for sport/exercise performance.</p> <p><b>Resilience</b> Perseverance with difficult/challenging tasks/learning conditions.</p>	<p><b>Knowledge &amp; Understanding</b> Identification and definitions of fitness components, continued identification of muscles.</p> <p><b>Physical Ability</b> Development and application of physical attributes for sport/exercise performance.</p>	<p><b>Resilience</b> Perseverance with difficult/challenging tasks/learning conditions.</p> <p><b>Knowledge &amp; Understanding</b> Basic rules, continued identification of muscles, coaching points for skill replication.</p>	<p><b>Physical Ability</b> Development and application of physical attributes for sport/exercise performance.</p> <p><b>Resilience</b> Perseverance with difficult/challenging tasks/learning conditions.</p>
<b>Learning vehicles</b>	<p><b>Boys</b> Indoor: Basketball Outdoor: Football</p> <p><b>Girls</b> Indoor: Dance Outdoor: Netball</p>	<p><b>Boys</b> Indoor: Gymnastics Outdoor: Rugby</p> <p><b>Girls</b> Indoor: Basketball Outdoor: Handball</p>	<p><b>Boys</b> Indoor: Table Tennis Outdoor: Hockey</p> <p><b>Girls</b> Indoor: Gymnastics Outdoor: Football</p>	<p><b>All Students:</b> Fitness/Running lessons.</p>	<p><b>Boys</b> Indoor: Cricket Outdoor: Athletics</p> <p><b>Girls</b> Indoor: End-ball games Outdoor: Athletics</p>	<p><b>Boys</b> Indoor: Tennis Outdoor: Athletics/Softball</p> <p><b>Girls</b> Indoor: End-ball games Outdoor: Athletics/Rounders</p>
	<b>Grade 7-9</b>	<b>Grade 7-9</b>	<b>Grade 7-9</b>	<b>Grade 7-9</b>	<b>Grade 7-9</b>	<b>Grade 7-9</b>

<b>Assessment</b>	<p>I have excellent knowledge and understanding of rules, meaning I am confident when officiating. I am able to explain how the body works before, during and after exercise. Have extensive knowledge and understanding of the benefits of physical activity. I can make accurate and informed choices about my exercise routines inside and outside of school.</p> <p>I have physical attributes which help me with my performance across most/all sports. Advanced skills are performed accurately within competitive situations across a wide range of sporting activities.</p>	<p>I demonstrate courage and a desire to improve my practical performance and understanding through inquisitive questions. I embrace challenges and see setbacks as a learning opportunity. I demonstrate a consistently positive attitude and I exert effort in all activities in Physical Education. I am able to lead and coach my peers. My resilience and effort levels are exemplary and I see failure as a learning experience.</p> <p>I have excellent knowledge and understanding of rules, meaning I am confident when officiating. I am able to explain how the body works before, during and after exercise. Have extensive knowledge and understanding of the benefits of physical activity. I can make accurate and informed choices about my exercise routines inside and outside of school.</p>	<p>I have physical attributes which help me with my performance across most/all sports. Advanced skills are performed accurately within competitive situations across a wide range of sporting activities.</p> <p>I demonstrate courage and a desire to improve my practical performance and understanding through inquisitive questions. I embrace challenges and see setbacks as a learning opportunity. I demonstrate a consistently positive attitude and I exert effort in all activities in Physical Education. I am able to lead and coach my peers. My resilience and effort levels are exemplary and I see failure as a learning experience.</p>	<p>I have excellent knowledge and understanding of rules, meaning I am confident when officiating. I am able to explain how the body works before, during and after exercise. Have extensive knowledge and understanding of the benefits of physical activity. I can make accurate and informed choices about my exercise routines inside and outside of school.</p> <p>I have physical attributes which help me with my performance across most/all sports. Advanced skills are performed accurately within competitive situations across a wide range of sporting activities.</p>	<p>I demonstrate courage and a desire to improve my practical performance and understanding through inquisitive questions. I embrace challenges and see setbacks as a learning opportunity. I demonstrate a consistently positive attitude and I exert effort in all activities in Physical Education. I am able to lead and coach my peers. My resilience and effort levels are exemplary and I see failure as a learning experience.</p> <p>I have excellent knowledge and understanding of rules, meaning I am confident when officiating. I am able to explain how the body works before, during and after exercise. Have extensive knowledge and understanding of the benefits of physical activity. I can make accurate and informed choices about my exercise routines inside and outside of school.</p>	<p>I have physical attributes which help me with my performance across most/all sports. Advanced skills are performed accurately within competitive situations across a wide range of sporting activities.</p> <p>I demonstrate courage and a desire to improve my practical performance and understanding through inquisitive questions. I embrace challenges and see setbacks as a learning opportunity. I demonstrate a consistently positive attitude and I exert effort in all activities in Physical Education. I am able to lead and coach my peers. My resilience and effort levels are exemplary and I see failure as a learning experience.</p>
	<p><b>Grade 4-6</b> Across a range of sports, I have a good level of understanding of most of the rules.</p>	<p><b>Grade 4-6</b> I demonstrate a consistently positive attitude and I exert effort in most activities in Physical Education</p>	<p><b>Grade 4-6</b> I demonstrate a consistently positive attitude and I exert effort in most activities in Physical Education</p>	<p><b>Grade 4-6</b> Across a range of sports, I have a good level of understanding of most of the rules.</p>	<p><b>Grade 4-6</b> I demonstrate a consistently positive attitude and I exert effort in most activities in Physical</p>	<p><b>Grade 4-6</b> I demonstrate a consistently positive attitude and I exert effort in most activities in Physical Education</p>

	<p>I can accurately list and locate the major muscles of the body. I can describe the short and long term affects of exercise on my body. I can identify the components of fitness and can define all of them.</p> <p>I can perform more advanced skills accurately within competitive situations in some sports. I have several physical attributes which help me with my performance across a range of different sports.</p>	<p>but not all. My resilience levels are good across most activities and are very rarely affected by things such as the weather or challenging learning tasks.</p> <p>Across a range of sports, I have a good level of understanding of most of the rules. I can accurately list and locate the major muscles of the body. I can describe the short and long term affects of exercise on my body. I can identify the components of fitness and can define all of them.</p>	<p>but not all. My resilience levels are good across most activities and are very rarely affected by things such as the weather or challenging learning tasks.</p> <p>I can perform more advanced skills accurately within competitive situations in some sports. I have several physical attributes which help me with my performance across a range of different sports.</p>	<p>I can accurately list and locate the major muscles of the body. I can describe the short and long term affects of exercise on my body. I can identify the components of fitness and can define all of them.</p> <p>I can perform more advanced skills accurately within competitive situations in some sports. I have several physical attributes which help me with my performance across a range of different sports.</p>	<p>Education but not all. My resilience levels are good across most activities and are very rarely affected by things such as the weather or challenging learning tasks.</p> <p>Across a range of sports, I have a good level of understanding of most of the rules. I can accurately list and locate the major muscles of the body. I can describe the short and long term affects of exercise on my body. I can identify the components of fitness and can define all of them.</p>	<p>but not all. My resilience levels are good across most activities and are very rarely affected by things such as the weather or challenging learning tasks.</p> <p>I can perform more advanced skills accurately within competitive situations in some sports. I have several physical attributes which help me with my performance across a range of different sports.</p>
	<p><b>Grade 1-3</b> I have a developing level of understanding of most of the rules of 1-2 sports. I can describe multiple reasons why we warm-up before PE using basic terminology. I can identify and locate most major muscles in the body using the correct physiological name and know how to conduct an effective warm-up.</p> <p>I can perform core skills in isolated practices and in some competitive situations. I have some physical attributes which help</p>	<p><b>Grade 1-3</b> I am beginning to demonstrate a consistently positive attitude and I exert effort in my favourite activities in Physical Education. I am developing a consistent level of confidence across a variety sports covered in PE. My resilience levels are generally OK but might be affected by things such as the weather. From time to time to lose motivation when faced with a challenging learning task.</p>	<p><b>Grade 1-3</b> I am beginning to demonstrate a consistently positive attitude and I exert effort in my favourite activities in Physical Education. I am developing a consistent level of confidence across a variety sports covered in PE. My resilience levels are generally OK but might be affected by things such as the weather. From time to time to lose motivation when faced with a challenging learning task.</p>	<p><b>Grade 1-3</b> I have a developing level of understanding of most of the rules of 1-2 sports. I can describe multiple reasons why we warm-up before PE using basic terminology. I can identify and locate most major muscles in the body using the correct physiological name. I can identify the names of different components of fitness.</p> <p>I can perform core skills in isolated practices and in some competitive situations. I have some physical</p>	<p><b>Grade 1-3</b> I am beginning to demonstrate a consistently positive attitude and I exert effort in my favourite activities in Physical Education. I am developing a consistent level of confidence across a variety sports covered in PE. My resilience levels are generally OK but might be affected by things such as the weather. From time to time to lose motivation when faced with a</p>	<p><b>Grade 1-3</b> I am beginning to demonstrate a consistently positive attitude and I exert effort in my favourite activities in Physical Education. I am developing a consistent level of confidence across a variety sports covered in PE. My resilience levels are generally OK but might be affected by things such as the weather. From time to time to lose motivation when faced with a challenging learning task.</p>

	<p>me with my performance across different sports.</p>	<p>I have a developing level of understanding of most of the rules of 1-2 sports. I can describe multiple reasons why we warm-up before PE using basic terminology. I can identify and locate most major muscles in the body using the correct physiological name and know how to conduct an effective warm-up.</p>	<p>I can perform core skills in isolated practices and in some competitive situations. I have some physical attributes which help me with my performance across different sports.</p>	<p>attributes which help me with my performance across different sports.</p>	<p><b>challenging learning task.</b></p> <p>I have a developing level of understanding of most of the rules of 1-2 sports. I can describe multiple reasons why we warm-up before PE using basic terminology. I can identify and locate most major muscles in the body using the correct physiological name and know how to conduct an effective warm-up.</p>	<p>I can perform core skills in isolated practices and in some competitive situations. I have some physical attributes which help me with my performance across different sports.</p>
--	--	---	---	--	--	---