



SUNNYDOWN SCHOOL

PE CURRICULUM PLAN

| Subject | PE | Year group | Y7 |
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| Subject Intent | <p>The focus for Year 7 is about realising the enjoyment and self-esteem that can be achieved through PE and Games. A sense of belonging fostered through the house system and through playing competitive sport supports the importance that Maslow's Hierarchy has in the school. Through various team games and activities, we encourage the students to be resilient and to learn to work together, understanding one another's differences and finding ways to get the best out of each individual, understanding that refining motor skills has transferable benefits in many other aspects of school life. We will build on the skills and knowledge learned in KS2 with regard to movement, running, throwing and catching with an emphasis on key life skills through sport including swimming and cycling.</p> | | |

| Term | Topic | Core learning | Key concepts | Sequencing |
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| Autumn 1 | Introduction to Sunnydown PE | <p>Students will establish routines and roles in PE.</p> <p>Students will complete baseline assessments.</p> | <ul style="list-style-type: none"> • Routines • Roles • The benefits of PE • Emotional health • Positive language • Growth mind-set • Sportsmanship | <p>Students will build upon communication and interaction skills developed at KS2 including the different roles within sport such as participant, coach, leader and official. .</p> <p>Building towards the students being able to participate and enjoy sports in a competitive game and on a strategic level.</p> |
| Autumn 2 | Badminton | <p>Students will build on racket sports covered in KS2. Core learning will be around how to hold a badminton racket and develop hand eye coordination. Focus on supported overhead shots to follow the flight of the</p> | <ul style="list-style-type: none"> • Grip • Rallying • Body position and footwork • Overhead shots • Flight • Hand eye | <p>Students will build upon basic racket skills from KS2 and hand eye coordination when using sports equipment. How to use the whole body when performing an action.</p> <p>This will build towards basic 'hitting' and having a rally. This can then be refined into specific shots with</p> |

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| | | shuttlecock. | coordination | technique. |
| Spring 1 | Gymnastics | <p>Students will build on existing skills and learn new skills to apply to a sequence.</p> <p>Students will apply skills and control to flight and movement through vaulting and Parkour Activities.</p> | <ul style="list-style-type: none"> ● Control ● Fluency ● Balance ● Symmetry ● Strength, power & flexibility ● Travel ● Flight - 1st/2nd ● Run up | <p>Students will build upon the basic skills of balance, control, movement and fluency from KS2. This will include working with partners and considering the aesthetics of gymnastics.</p> <p>This in turn works towards the introduction of flight and applying control and fluency principles learned in the first part of the module. This supports the students in having control over their movements as they engage in more competitive situations in Year 8 or when competing outside of school.</p> |
| Spring 2 | Basketball | <p>Students will build on ball handling skills working on pivoting, passing and receiving and how to move to outwit an opposing team.</p> <p>This will progress to dribbling and understanding a 'triple threat' to help students to make decisions.</p> | <ul style="list-style-type: none"> ● Pass ● Receive ● chest/bounce pass ● Pivot ● Dribble ● Triple threat ● Fast break ● Teamwork | <p>Students will build upon basic passing, receiving and moving skills learnt at KS2 (possible Netball Curriculum) and how to find space. It is likely that students will have experience of shooting 'upwards' whether it is basketball or netball.</p> <p>Students will be building towards the benefits of working as a team and cooperation as opposed to individual skills and performance and strategic planning.</p> <p>This will culminate in a house basketball tournament to apply skills and foster the sense of belonging through the house system</p> |
| Summer 1 | Tennis | <p>Students will develop their coordination and use of a racket with an understanding of different shots and appropriate technique, including forehand and backhand. This will be coupled with associated footwork and ready position.</p> | <ul style="list-style-type: none"> ● Forehand ● Backhand ● Footwork ● Preparation ● Volley ● Movement | <p>Students will build upon the concept of net/wall games with a net obstacle. There will be some prior knowledge of strokes but a focus on hitting the ball upwards will be key for some students to maintain a rally as well as managing the weight of a shot in order to maintain a rally.</p> <p>Some students will be able to use strokes to outwit opponents, however, it is likely the focus will be on achievement through 'rally'.</p> |

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| Summer 2 | <p>Athletics</p> <p>(many of the activities will be dependent upon weather for safety)</p> | <p>The jumps (High jump and long jump) understand the phase including run up, take off and landing.</p> <p>The throws (shot, javelin and discus) looking at body position and how to execute the throws. Basic throwing principles chn, knee, toe.</p> | <ul style="list-style-type: none"> ● Run up ● Take off ● Landing ● Body shape ● chin, knee, toe ● Trajectory ● Standing throws | <p>Students will build upon linking running and jumping and throwing skills in KS2. Application of terminal feedback to improve technique. Looking at others' performances.</p> <p>Students will work towards refining their technique and seeing the benefits of technical input. Participating both for personal achievement and competition.</p> |
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