



The curriculum for this stage of students' education has been designed to consolidate the KS2 principles of promoting health and fitness, growth of physical confidence and the demonstration of fairness and respect, but also to further excite them with the wider range of sporting opportunities made possible by the facilities, resources and specialism within Secondary-level P.E. Because we strive to include a varied, ambitious offering of Net and Wall, Striking and Fielding, Health and Fitness and Invasion activity, every year of their KS3 experience should help motivate students with the idea that there really is, something for everyone. In our three-year journey to inspire all students to succeed and excel in competitive sport, Year 7 is about understanding rules and principles, introducing fundamental skills and beginning to use more formal assessment and self-evaluation criteria. Students in Year 7 may have very different starting points, so we want them to enjoy themselves as they exercise safely and effectively, and, as we guide them in exploring their potential with enthusiasm and determination.

<p><b>HALF TERM 1</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Baseline Fitness testing</li> <li>• Basketball</li> <li>• Netball</li> <li>• Handball</li> <li>• Rugby</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p><b>HALF TERM 2</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Gymnastics</li> <li>• Table Tennis</li> <li>• Hockey</li> <li>• Tchoukball.</li> <li>• Inter-House Competitions</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p><b>HALF TERM 3</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Mid-year Fitness Testing</li> <li>• Volleyball</li> <li>• Trampolineing</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>
<p><b>HALF TERM 4</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Health-related Fitness</li> <li>• Badminton</li> <li>• OAA (orienteering)</li> <li>• Tag Rugby</li> <li>• Inter-House Competitions</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p><b>HALF TERM 5 (or 6)</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Cricket</li> <li>• Athletics: Sprints, Middle-distance, Cross-country, Shot or Javelin and High-Jump</li> <li>• Rounders</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p><b>HALF TERM 6 (or 5)</b></p> <p><b>STUDENTS MUST KNOW:</b> The basic rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Softball</li> <li>• Ultimate Frisbee</li> <li>• Badminton</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>

Embedding this knowledge can be supported at home by attending as many extra-curricular sporting activities and teams as possible and participating in sports teams and clubs outside of college. Students should aim to undertake 60 minutes of physical activity each day, to support a healthy, active lifestyle. According to Government advice, on 3 days a week, these activities should involve exercises for strong muscles and bones such as push-ups and running and jumping.