

# Year 7

# Subject: Physical Education

<p><b>Overview of the year:</b></p> <p>Students will learn a variety of skills, rules and regulations, tactics and strategies, theoretical concepts and personal skills through a range of both team and individual activities</p>	<p><b>Ways to consolidate and extend your learning in PE:</b></p> <p>Attend Highgate Wood extracurricular clubs Join local sports clubs to extend knowledge further</p>	
<p><b>Unit of work &amp; brief outline of what will be covered.</b></p>	<p><b>Key Objectives – what will students learn</b></p>	<p><b>Assessment</b></p>
<p><b>Team Games</b> (this can include; hockey, netball, football, cricket, rounder's, tag rugby)</p>	<p>Students will identify and describe the rationale behind most key skills covered in the activity and learn to perform these skills in isolation and conditioned games. They will also learn how to make a contribution to teams performances.</p> <p>Students will learn to identify and describe some of the tactics and strategies that can be used in the team game and begin to make to make decisions when faced with opposition.</p> <p>Students will be taught to identify and describe some key rules and regulations required in the sport/activity and will start to apply most to game situations</p> <p>Students will learn key terminology across the range of topics that can then be applied to team sports (Anatomy &amp; physiology, sports psychology, sport &amp; society)</p> <p>Students will be taught to begin to analyse their teams performance by identifying and describing strengths and weakness</p> <p>Students will be taught the values of respect and sportsmanship in team sports for both teammates and opposition</p>	<p>Students will be assessed throughout and at the end of each team game studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> <li>• Sports performance,</li> <li>• Decision making and strategies,</li> <li>• Rules and regulations,</li> <li>• Theoretical understanding</li> <li>• Personal development</li> </ul>

## HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 3

	Students will be taught to communicate effectively within a team showing effective teamwork	
<b>Individual games/activities</b> (this can include: tennis, badminton, table tennis, athletics, gymnastics)	<p>Students will identify and describe the rationale behind most key skills covered in the activity and learn to perform these skills in isolation and conditioned practices.</p> <p>Students will learn to identify and describe some of the tactics and strategies that can be used in the individual game/activity and begin to make to make decisions when faced with opposition.</p> <p>Students will be taught to identify and describe some key rules and regulations required in the sport/activity and will start to apply most to competitive situations</p> <p>Students will learn key terminology across the range of topics that can then be applied to the individual sport/activity (Anatomy &amp; physiology, sports psychology, sport &amp; society)</p> <p>Students will be taught to begin to analyse their own performance by identifying and describing strengths and weakness</p> <p>Students will be taught the values of respect and sportsmanship in individual sports for both opposition and officials</p>	<p>Students will be assessed throughout and at the end of each individual game/activity studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> <li>• Sports performance,</li> <li>• Decision making and strategies,</li> <li>• Rules and regulations,</li> <li>• Theoretical understanding</li> <li>• Personal development</li> </ul>
<b>Dance</b>	<p>Students will identify and describe the rationale behind most key skills covered in a range of dance styles and perform these skills in isolation and dance motifs.</p> <p>Students will learn to identify and describe some of the tactics and strategies that can be used in dance competitions. Students will learn how to choreograph a dance routine to include key dance concepts.</p> <p>Students will be taught to identify and describe some key rules and regulations required in dance and will start to apply to the choreography of their dance</p> <p>Students will learn key terminology across the range of topics that can then be applied to dance (Anatomy &amp; physiology, sports psychology, sport &amp; society)</p> <p>Students will be taught to begin to analyse their own and groups performance by identifying and describing strengths and weakness</p>	<p>Students will be assessed throughout and at the end of each dance unit studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> <li>• Sports performance,</li> <li>• Decision making and strategies,</li> <li>• Rules and regulations,</li> <li>• Theoretical understanding</li> <li>• Personal development</li> </ul>

## HIGHGATE WOOD SCHOOL: CURRICULUM MAP FOR KEY STAGE 3

	<p>Students will be taught the values of respect and sportsmanship in dance.</p>	
<p><b>Outdoor and Adventurous activities (OAA)</b></p>	<p>Students will identify and describe the rationale behind most key skills covered in OAA and use these skills effectively to solve problems as an individual and group.</p> <p>Students will learn to identify and describe some of the tactics and strategies that can be used in OAA.</p> <p>Students will be taught to identify and describe some key rules and regulations required OAA</p> <p>Students will learn key terminology across the range of topics that can then be applied to OAA (Anatomy &amp; physiology, sports psychology, sport &amp; society)</p> <p>Students will be taught to begin to analyse their own and groups performance by identifying and describing strengths and weakness</p> <p>Students will learn how to make a contribution to team performances building on trust and effective communication. Students will also learn what characteristics make for a successful leader of a team's performance.</p>	<p>Students will be assessed throughout and at the end of each OAA unit studied. They will be assessed based on the five PE strands:</p> <ul style="list-style-type: none"> <li>• Sports performance,</li> <li>• Decision making and strategies,</li> <li>• Rules and regulations,</li> <li>• Theoretical understanding</li> <li>• Personal development</li> </ul>