

# Sport Year 7

Our curriculum at Filey School is designed to build fitness, knowledge, physical skills, and self-awareness resulting in confident students who continue to participate in sport or physical activity once they leave school. It provides a broad and engaging range of sports selected to continue the students' progress from primary school and embed previous experiences, so that they can continue to grow their love of all sport and physical activity.

## Curriculum overview:

	Autumn term:		Spring:		Summer:	
	Boys	Girls	Boys	Girls	Boys	Girls
Half term 1	<b>Table Tennis:</b> Exploring the basic rules and techniques involved in singles table tennis	<b>Netball:</b> exploring the rules and structures of the game and learning positional sense	<b>Badminton:</b> Exploring the basic rules and techniques involved in singles badminton	<b>Badminton:</b> Exploring the basic rules and techniques involved in singles badminton  <b>Football:</b> Exploring the skills and techniques within the game.	<b>Track:</b> Exploring a range of running techniques and the competition rules governing each event  <b>Field:</b> Exploring jumping and throwing techniques and the competition rules governing each event	<b>Field:</b> Exploring jumping and throwing techniques and the competition rules governing each event  <b>Track:</b> Exploring a range of running techniques and the competition rules governing each event
	<b>Important vocabulary:</b>		<b>Important vocabulary:</b>		<b>Important vocabulary:</b>	
	Spin Drive Side line Passing lines Offside Handling Territory Fine Motor Skills	Shooting Footwork Side line Canon Climax Duet Choreograph	Forehand Backhand Momentum Disguise Feint Balance Respect	Forehand Backhand Side line Disguise Feint Balance Respect	Forehand Backhand Side line Disguise Feint Balance Respect	Pace Momentum Balance Challenge Competence Complex Sustained
	Boys	Girls	Boys	Girls	Boys	Girls

Half term 2	<b>Basketball:</b> Exploring the basic rules and techniques involved in singles basketball  <b>OAA:</b> Using teamwork, problem solving and confidence through participating, planning and leading activities. Throughout the unit they will have the opportunity to work independently and collaboratively as part of groups	<b>Fitness:</b> Explore own fitness and how improving their fitness impacts on their health. They will record and monitor their personal progress  <b>Hockey:</b> Exploring the skills and techniques within the game.	<b>Fitness:</b> Explore own fitness and how improving their fitness impacts on their health. They will record and monitor their personal progress  <b>Hockey:</b> Exploring the skills and techniques within the game.	<b>Gymnastics:</b> Explore specific gymnastic techniques and to perform them consistently. Create, plan, perform and evaluate sequences  <b>OAA:</b> Using teamwork, problem solving and confidence through participating, planning and leading activities. Throughout the unit they will have the opportunity to work independently and collaboratively as part of groups.	<b>Cricket:</b> Exploring the basic rules and techniques involved in batting, fielding and bowling  <b>Softball:</b> Exploring the basic rules and techniques involved in batting, fielding and pitching	<b>Tennis:</b> Exploring the basic rules and techniques involved in singles tables tennis  <b>Rounders:</b> Exploring the basic rules and techniques involved in batting, fielding and bowling
	<b>Important vocabulary:</b>		<b>Important vocabulary:</b>		<b>Important vocabulary:</b>	
	Fitness Tactic Sustained Strategy Team work Side-line	Fitness Sustained Circuit Training Endurance Hypertrophy Body mass index	Effectiveness Circuit Training Endurance hypertrophy Body mass index Fitness	Fitness Flexibility Strength Team work Balance Power Sequence	Control Tactic Strategy Fine Motor Skills Frequency Sportsmanship	Fitness Sustained Tactic Effectiveness Fine Motor Skills Sportsmanship

Key staff contacts:

Subject Leader for PE: Mr M Bond [m.bond@fi.coastandvale.academy](mailto:m.bond@fi.coastandvale.academy)

## The main skills students will develop in Year 7:

Students will use a range of tactics and strategies to overcome opponents in direct competition through team and individual games and:

- develop their technique and improve their performance in other competitive sports
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

## How can I help my child to be successful?

Think about just being active, joining scouts/guides or cadets.

Use sports Apps and social media to join groups to set goals together and track performance

Encourage joining a team or club.

Set challenges with rewards

Turn off the TV and internet for a few hours on weekends

Do fun activities with them, make it a family event like a bike ride or dog walk etc.

Watch live sport together to see skills in practice, together with rules and regulations

## How will you assess my child's progress?

Assessment of learning takes many forms.

In P.E. we value the importance of providing students with oral formative feedback that enables them to progress immediately with the lesson. This may be a physical adjustment or a tactical one depending on the activity.

Students are informally constantly assessed against a set of criteria for the sport to track their progress in different disciplines.

We also complete a summative assessment, which normally takes the form of a match, game situation or final piece. This takes place once each half term for both sports, to provide a portrait of the skills students have gained and those which still require development. This is used, along with their progress throughout the term, to inform the reports you receive home.