

Core Physical Education – Year 7 Overview (Phase 1 Learning)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>Block 1</u>	Block 1	Block 1	Block 1	Athletics All Groups.	Continuation of athletics module for first two weeks.
	Baseline testing and	Boys 1	Boys 1	Boys 1	Boys 1	
	cross country.	Sport – Basketball	Sport – Football	Sport – Gymnastics	Sport – Athletics	Block 2
		Knowledge – Fitness	Knowledge – Leadership	Knowledge – Fitness	Knowledge – Fitness,	
	<u>Boys 1</u>	Character - Teamwork	Character – Sportsmanship	Character –	Health and well being	<u>Boys 1</u>
	Sport – Rugby		and respect	Independence	Character - Resilience	Sport – Softball/cricket
	Knowledge –	Boys 2	1 x Careers lesson – sports			Knowledge – Officiating
	Leadership/fitness	Sport – Rugby	coach	Boys 2	<u>Boys 2</u>	Character –
Year 7	Character - Teamwork	Knowledge – Leadership/fitness		Sport – Rugby	Sport – Athletics	Independence/organisation
		Character - Teamwork	Boys 2	Knowledge –	Knowledge – Fitness,	
	Boys 2		Sport – Table Tennis	Leadership/fitness	Health and well being	Boys 2
	Sport – basketball	<u>Girls 1</u>	Knowledge – Officiating	Character - Teamwork	Character - Resilience	Sport – Softball/cricket
	Knowledge – Fitness	Sport – Gymnastics	Character – Independence			Knowledge - Officiating
	Character - Teamwork	Knowledge – fitness	and organisation	<u>Girls 1</u>	<u>Girls 1</u>	Character -
		Character – Independence		Sport – Netball	Sport – Athletics	Independence/organisation
	<u>Girls 1</u>		<u>Girls 1</u>	Knowledge – Leadership	Knowledge – Fitness,	
	Sport – netball	<u>Girls 2</u>	Sport – Dance	Character – Organisation	Health and well being	<u>Girls 1</u>
	Knowledge – Leadership	Sport – Netball	Knowledge – Leadership	1 x Careers lesson –	Character - Resilience	Sport – Rounders
	Character - Organisation	Knowledge – Leadership	Character - Organisation	Sports coach		Knowledge – Officiating
		Character - Organisation			<u>Girls 2</u>	Character –
	<u>Girls 2</u>	1 x careers lesson – sports coach	<u>Girls 2</u>	<u>Girls 2</u>	Sport – Athletics	Sportsmanship/respect
	Sport – gymnastics		Sport – Dance	Sport – Badminton	Knowledge – Fitness,	
	Knowledge – fitness	Block 2	Knowledge – Leadership	Knowledge – Officiating	Health and well being	<u>Girls 2</u>
	Character - Independence		Character – Organisation	Character – Organisation	Character - Resilience	Sport – Rounders
		1 x careers lesson – Technology				Knowledge – Officiating
		in sport for all groups	Block 2	Block 2		Character –
		Dave 1	Povra 1	1 x Careers lesson – First		Sportsmanship/respect
		Boys 1	<u>Boys 1</u> Sport Table Tennis			
		Sport – Rugby	Sport – Table Tennis	aid for all groups		
		Knowledge – Leadership and fitness	Knowledge – Officiating	Davis 1		
		Character – Teamwork	Character – Independence	<u>Boys 1</u> Sport – Fitness		
			and organisation	Sport – Fitness Knowledge – Fitness		
		Pour 2	Povr 2	-		
		<u>Boys 2</u> Sport – Gymnastics	<u>Boys 2</u> Sport – Football	health and well being Character –		
		Knowledge – Fitness	Knowledge - Leadership	Independence		
		Character - Independence	Kilowienke - regnerslih	macpenaence		



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	<u>Girls 1</u>	Character – Sportsmanship	Boys 2		
	Sport – Football	and respect	Sport – OAA		
к	Knowledge – Leadership	1 x Careers lesson – sports	Knowledge – Problem		
C	Character –	coach	Solving		
S	Sportsmanship/respect		Character –		
		<u>Girls 1</u>	Independence and		
G	Girls 2	Sport – OAA	resilience		
S	Sport – Basketball	Knowledge – Problem Solving			
к	Knowledge – fitness	Character – Independence	<u>Girls 1</u>		
C	Character - teamwork	and resilience	Sport – Basketball		
			Knowledge – Fitness		
		Girls 2	Character – Teamwork		
		Sport – OAA			
		Knowledge – Problem Solving	<u>Girls 2</u>		
		Character – Independence	Sport – Football		
		and resilience	Knowledge – Leadership		
			Character –		
		Block 3	Sportsmanship/respect		
			Or		
		Boys 1	Sport – Rugby		
		Sport – OAA	Knowledge –		
		Knowledge – Problem Solving	Leadership/fitness		
		Character – Independence	Character - Teamwork		
		and resilience			
		Girls 1			
		Sport – Fitness			
		Knowledge – Fitness health			
		and well being			
		Character – Independence			
		independence			
		Girls 2			
		Sport – Fitness			
		Knowledge – Fitness health			
		and well being			
		Character – Independence			