

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

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

	<p><u>Girls 1</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect</p> <p><u>Girls 2</u> Sport – Basketball Knowledge – fitness Character - teamwork</p>	<p>Character – Sportsmanship and respect 1 x Careers lesson – sports coach</p> <p><u>Girls 1</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 2</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p style="text-align: center;"><u>Block 3</u></p> <p><u>Boys 1</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 1</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p> <p><u>Girls 2</u> Sport – Fitness Knowledge – Fitness health and well being Character – Independence</p>	<p><u>Boys 2</u> Sport – OAA Knowledge – Problem Solving Character – Independence and resilience</p> <p><u>Girls 1</u> Sport – Basketball Knowledge – Fitness Character – Teamwork</p> <p><u>Girls 2</u> Sport – Football Knowledge – Leadership Character – Sportsmanship/respect Or Sport – Rugby Knowledge – Leadership/fitness Character - Teamwork</p>		
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