

<b>Year 7</b>	<b>Physical Education Curriculum Map Autum Term</b>								
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Football</b>	Ball familiarisation and control -Passing and receiving	Keeping possession	Dribbling -Turns and close control -Cruyff -Drag back	Defending 1 v 1 -Jockeying -Tackling -2v1	Attacking -2v1 -1v1 (Fundamentals- change of pace/ direction)	Small sided games -focus on space	Small sided games -shooting focus	Defending as a unit -player to player	Attacking as a unit -rondo - triangle shape
<b>Rugby</b>	Passing and catching - Zone ball - Any direction touch	Introduction to tag rugby	Principles of attack - Go forward - Support	How to evade defenders - 3v1 - 2v1 - 3v2	Defensive principles -tag games and communication	Introduction to tackling	Body shape in contact	Rucking	
<b>Netball</b>	Passing & Receiving - Chest, Bounce & Shoulder Pass	Footwork & Pivoting	Positional Play - GK, GD, WD, C, WA, GA & GS	Netball Game - focus on positions, where they start and are allowed to go	Attacking Play - Dodging	Shooting - Two-handed (BEEF)	Netball Game - can they shoot under pressure?		
<b>Basketball</b>	Ball Familiarisation	Passing & Receiving (Chest/Bounce Pass)	Dribbling, including V dribble	Shooting - Set Shot - Shooting under pressure	Introduction to a Lay-up	Fundamentals of attack	Fundamentals of defence - Intercepting - Rules	Games for understanding/ application	
<b>Fitness</b>	Warm up and cool down  Effects of	Muscular system/ muscular endurance based	Circuit training	Principles of training:  Circuit training -Progressive overload	Aerobic endurance -MSFT/ 12 min Coopers run	SAQ  T test Illinois agility run	Rowing  Races and endurance	Fatigue inducing exercise  Continuou	Fatigue inducing exercise

	exercise: Flexibility	tests						s training	Fartlek trainin g
<b>Floor Gymnasti cs</b>	Shapes, levels and balances -adding into a sequence	Introductio n to rolls -using rolls in transition	Modes of travel -using as transitio n -using low apparatu s -jumps and transitio n	Gymnastics stability and strength: -headstands -handstands -frog hold -cartwheels	Routine creation and performanc e	Routine creation and performan ce			

