

PE department - Year 7 scheme of work

National curriculum: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Hockey	<ul style="list-style-type: none"> - Developing stick handling / safety - Developing passing: push pass and slap pass - Developing dribbling and ball control: forehand control - Developing shooting - Introducing tackling: block tackle - Introducing communication / teamwork - Introducing rules, strategies and tactics 	<ul style="list-style-type: none"> - Push pass - Slap pass - Dribbling - Control - Shooting 	https://www.bbc.co.uk/bitesize/topics/zyth6fr
Autumn 2	Football	<ul style="list-style-type: none"> - Developing passing: short pass, long pass, instep pass - Developing dribbling and ball control - Developing shooting: instep, laces - Introducing tackling: poke tackle - Introducing heading: safety - Introducing communication / teamwork - Introducing rules, strategies and tactics 	<ul style="list-style-type: none"> - Passing - Tackling - Shooting - Crossing - Heading 	https://www.bbc.co.uk/bitesize/guides/zwfnycw/revision/1
Assessment point 1				
Spring 1	Volleyball	<ul style="list-style-type: none"> - Developing ball familiarisation - Developing serving: underarm, overarm and jump serve - Developing striking: Bump/dig shot, set shot, spike/smash shot and block shot - Introducing defending/blocking: single block - Introducing footwork 	<ul style="list-style-type: none"> - Underarm - Overarm - Serve - Bump/dig - Set 	https://www.bbc.co.uk/bitesize/topics/zqk89qt

		<ul style="list-style-type: none"> - Introducing communication / teamwork - Introducing rules, strategies and tactics 	<ul style="list-style-type: none"> - Spike/smash - Block 	
Spring 2	Table Tennis	<ul style="list-style-type: none"> - Developing serving - Developing striking: forehand / backhand push, forehand / backhand drive, forehand / backhand flick, - Developing communication / teamwork (doubles) - Developing rules, strategies and tactics - Introducing decision making 	<ul style="list-style-type: none"> - Forehand - Backhand - Serve - Spin - Flick 	https://www.bbc.co.uk/bitesize/guides/z9m7xsq/revision/1
Assessment point 2				
Summer 1	Cricket	<ul style="list-style-type: none"> - Introducing ball familiarisation - Introducing cricket bat safety - Introducing batting – grip of bat, body position, stance, swing - Introducing bowling – underarm bowl, overarm bowl - Introducing fielding – throwing, catching, positioning, wicket-keeping - Introducing communication / teamwork - Introducing rules, strategies and tactics 	<ul style="list-style-type: none"> - Batting - Bowling - Fielding - Wicket - Crease - Outfield - Line & length 	https://www.bbc.co.uk/bitesize/topics/z3nsp39
Summer 2	Athletics – Throwing events	<ul style="list-style-type: none"> - Developing throwing events: discus, shot putt, hammer and javelin - Developing throwing safety - Developing teaching points – grip of object, body position, stance, swing - Developing rules 	<ul style="list-style-type: none"> - Discus - Shot putt - Hammer - Javelin - Throwing - Pushing 	https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/4
Assessment point 3				