

Roundwood Park School Curriculum Map – PHYSICAL EDUCATION (YR7)

A curriculum that stimulates curiosity, values diversity and offers challenge.

We help every student to love learning for life, to follow their passions and to reach their full potential.

**Not all students will always cover all activities, based on facility availability linked to timetabling as well as links to extra-curricular activity.*

Year Group 7	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring
Unit of Work	Rugby	Netball	Football	Basketball	Health Related Fitness	Dance
Key Knowledge	Introducing the game: Developing contact skills and evasive skills along with simple passing and support. Game understanding linked to offside, ruck and finding space.	Building from primary: Developing core skills including dodging, passing, turning and pivoting, shooting, marking and defending. Game understanding linked to positional zones, maintaining possession and finding space.	Building from primary: Developing core skills linked to small sided games. Passing, crossing, tackling, shooting. Game understanding linked to maintaining possession and finding space.	Introducing the game. Developing core skills. Passing, V-cuts, dribbling, shooting, defending. Game understanding linked to ball movement and getting to the basket.	Introduce the bodies response to exercise, training methods and components of fitness. Deliver early exercise theory through practice and fitness tasks.	Building from primary: Developing choreographic understanding alongside turns, basic lifts and balance work. Evaluation and feedback skills to be improved through peer analysis and group development discussions.
Activity Type	Invasion team game	Invasion team game	Invasion team game	Invasion team game	Health & fitness knowledge & tasks.	Dance
Key Vocabulary	Pass, tackle, side step, ruck, contact, presentation, offside, support.	Pass, distance, dodge, mark, circle, defence, attack.	Pass, shot, turn, dribble, defending, crossing, finishing.	Pass, dribble, triple threat, jump stop, v-cut, jump shot, lay-up, block.	Heart rate, breathing rate, warm up, muscles, lactic acid, oxygen, health, fitness,	Cannon, unison, motif, levels, choreography, musicality, characterisation.
ASPIRE Habits	Organise	Organise	Take risks	Collaborate	Make links and question	Plan and think creatively
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					

Year 7	Autumn/Spring	Autumn/Spring	Summer	Summer	Summer	Summer
Unit of Work	Table Tennis	Gymnastics	Athletics	Cricket	Tennis	Rounders
Key Knowledge	Introducing the game: Developing core skills on forehand backhand and footwork. Game understanding including service, scoring system and shot selection.	Building from primary: Developing body tension, control and core movement skills alongside routine development. Evaluation and feedback skills to be improved through peer analysis and group development discussions.	Building from primary: Developing a range of athletic events in their full form on the track and in the field. Developing personal best culture, improving techniques and physical proficiency.	Introducing the game: Developing core skills in batting, bowling and fielding. Game understanding linked to overs, fielding positions and run scoring.	Building from primary: Developing core skills on forehand backhand and footwork. Game understanding including service, scoring system and shot selection.	Building from primary: Developing core skills in batting, bowling and fielding. Game understanding linked to scoring, running bases, fielding plans and batting tactics.
Activity Type	Net/racket/bat game	Gymnastic	Individual athletic performance	Striking and fielding game	Net/racket/bat game	Striking and fielding game
Key Vocabulary	Push, drive, block, serve, ball toss, footwork.	Travel, levels, balance, rolls, leaps, rotations.	Drive, sprint, pacing, power, height,	Bowl, stance, drive, defence, off/middle/leg stump, off-side.	Ready position, Forehand, serve, backhand, baseline, service line.	Base, half, no-ball, box, long barrier, short barrier.
ASPIRE Habits	Focus	Take risks and respect all	Think logically and review	Collaborate	Focus	Communicate
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					