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| Year 7 Home - Education South West | | | |
|  | Cycle 1 | Cycle 2 | Cycle 3 |
| Key concepts (Head/Heart/Hands | **Head/Heart/ Hands** | **Head/Heart/Hands** | **Head/ Heart/Hands** |
| Practical (Procedural Knowledge) | **Develop understanding**  **Heart**: Respect, Teamwork, Resilience, Leadership, Confidence.  **Head:** Feedback, Analysis of performance, Knowledge of tactics and strategies,  **Hands**: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition. | **Develop understanding**  **Heart**: Respect, Teamwork, Resilience, Leadership, Confidence.  **Head:** Feedback, Analysis of performance, Knowledge of tactics and strategies.  **Hands**: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition. | **Develop understanding**  **Heart**: Respect, Teamwork, Resilience, Leadership, Confidence.  **Head:** Feedback, Analysis of performance, Knowledge of tactics and strategies.  **Hands**: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition. |
| Theory (Substantive/ Declarative Knowledge) | **Warm up**- Benefits and structure  **Cool down**- Benefits and structure  Sporting examples of warm ups.  **Knowledge of rules** | **Effects of exercise**:  Immediate  Short term  Long term  **Social, Physical and mental benefits of exercise**  **Knowledge of rules** | **Diet and nutrition**  Macro nutrients  Balanced diet  Hydration  Applying to sport  Sedentary lifestyle  **Knowledge of rules** |
| Hinterland Knowledge  (Cultural capital) | See sport specific plan  Knowledge that is in the background that supports our Heart/Head/Hands | See sport specific plan  Knowledge that is in the background that supports our Heart/Head/Hands | See sport specific plan  Knowledge that is in the background that supports our Heart/Head/Hands |
| Disciplinary knowledge | Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses. | Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses. | Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses. |
| Assessment approach | **Mid cycle** **assessment**- Practical assessment/DIN knowledge test  **End of cycle assessment**- Practical/Theory assessment. | **Mid cycle** **assessment**- Practical assessment/DIN knowledge test  **End of cycle assessment**- Practical/Theory assessment. | **Mid cycle assessment**- Practical assessment/DIN knowledge test  **End of cycle assessment**- Practical/Theory assessment. |
| Homework | Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks. | Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks. | Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks. |
| Justification | Use HHH model to develop student’s physical literacy (Hands), core values inherent in a broad range of activities (HEART), and to gain the knowledge to lead a healthy active lifestyle (Head). We have sequenced the concepts to progress from understanding in year 7 to focus on the application of these concepts to sporting activities in year 8 and then evaluating and refining in year 9, which shows the progression model through our sequencing of the curriculum. | | |