

APMS Year 7 PE	Autumn one	Autumn two	Spring one	Spring two	Summer one	Summer two
Units Core Knowledge/ Concepts.	Invasion Games - sending and receiving Gymnastics - principles of balance and travel Fitness - intro to strength, resistance, aerobic and anaerobic exercise. Muscle groups introduced.		Net wall Games - serving and rallying techniques Dance - introduction to choreography and creating motifs independently and as a group.		Athletics - running, jumping throwing principles (muscle groups revisited) Striking and fielding Games - catching throwing and hitting techniques.	
	<u>Invasion Games</u> <ul style="list-style-type: none"> • Passing & dribbling skills for possession • Rules to stop/start and basic scoring • Criteria to judge success • Benefits to health of team games. <u>Gymnastics</u> <ul style="list-style-type: none"> • Use a range of balances to create a sequence. • Rolls and travels as linking techniques. • Apply balance criteria to create and judge work and suggest improvements. <u>Fitness</u> <ul style="list-style-type: none"> • Understanding different aspects of fitness 		<u>Dance</u> <ul style="list-style-type: none"> • Emotion portrayed through dance and music. • Timing and counting music beats. • Developing choreography skills both independently and in groups. • To create a motif independently and in a group. <u>Net/wall Games</u> <ul style="list-style-type: none"> • Grip, stance and swing patterns to make contact • Serving and groundstrokes to form rallies. 		<u>Athletics</u> <ul style="list-style-type: none"> • Run - pacing and sprint start techniques. • Jump - take-off principles, scissor technique. • Throw - grip, stance and push/pull/sling actions. • Rules and procedures for safe for set up and performing in athletics events. <u>Striking and Fielding</u> <ul style="list-style-type: none"> • Catching in fielding (long, high, low and short) • Intercepting skills. 	

<p>Why are we learning this now?</p>	<ul style="list-style-type: none"> Preparing for certain types of exercise - muscle groups. Performing fitness testing and comparing results to assess fitness. 	<ul style="list-style-type: none"> Rules to safely set up and play competitive points Basic scoring and criteria to determine success 	<ul style="list-style-type: none"> Throwing techniques - overarm, bowling and pitching Hitting techniques to contact the ball. Rules to safely setup and paly competitive games. Basic scoring to determine success.
	<ul style="list-style-type: none"> Invasion Games Recap principles from KS2 and outside sport. Build on health and fitness from KS2. Body's response to exercise. 	<ul style="list-style-type: none"> Dance Recap form KS2 and principles of movement balance 	<ul style="list-style-type: none"> Athletics build on run, throw and jump techniques covered in KS2
	<ul style="list-style-type: none"> Introduce core skills built upon over KS3 Sequenced to build skills/know from basic in isolation to selection in competition Transfer of skills and concepts across activities (Gym) Build on basic balance and travel techniques and understanding (KS2) Skills sequenced to build up from basic (4 point/rolls) to more advanced (headstands, 	<ul style="list-style-type: none"> Build on movement patterns taught in previous activities Build on response to music covered in KS2 Opportunities to develop teamwork Opportunities to develop confidence to work independently Net/wall Games - Recap on principles from KS2 and outside sport. Consolidate techniques built upon over KS3. 	<ul style="list-style-type: none"> Develop event- specific knowledge and skills as foundation blocks for specialised techniques in later years. Knowledge and skills enable inter-house and sports competitions. Opportunities to self-assess performance and set targets for improvements. Striking and Fielding - Recap striking and fielding principles in KS2 and outside sport -

	<p>round offs, horizontal and vertical counterbalance.</p> <ul style="list-style-type: none"> • Analysis of performance in most lessons to encourage reflection of own performance. • In fitness, how to warm-up transferred into future lessons • Encourage pupil responsibility of monitoring and improving fitness. 	<ul style="list-style-type: none"> • Sequenced to build on skills/know from basic isolation to selection in competitive points. • Transfer of core techniques and movements across sports. 	<p>introduce specific S&F rules.</p> <ul style="list-style-type: none"> • Consolidation of core skills from other games. • Sequenced to build skills/knowledge from basics to game-specific techniques.
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<p>Key Vocabulary</p> <p>S. M. S. C</p> <p>Links to careers and the world of work</p>			
	<p>Possession, receiving, technique, passing, apply, criteria, balance, travel.</p> <p>Pacing, anaerobic, aerobic, bicep, triceps, hamstring, quadriceps.</p>	<p>Stance, serve, component, assess, comparison, unison, teamwork</p>	<p>Accelerate ,pace, momentum, contraction, extension, technique, rotation, release, coordinate, umpire,</p>
	<p>Personal skills to be developed across activities</p> <ul style="list-style-type: none"> • Organisation - readiness to learn • Respect -listening skills; respect for equipment; respect for others opinions and differences. • Resilience - trying your best, aiming to achieve to be the best you can. • Sportsmanship - playing fairly and within the rules. • Teamwork - working together to achieve a common goal. 		
	<p>Pupils will develop transferrable skills and qualities such as teamwork, communication, honesty and physical endeavour to help in a host of future careers including:</p> <p>Sports physio therapy/ psychology</p> <p>Teaching sports</p> <p>Researching sports and their impact on society</p> <p>Professional athlete</p>		