


Year 7			
	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	Components fitness Skill Fitness & Health Apply to sport 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.		