

Year: 7 Boys

Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
1A	1	Basketball	Ball control - dribbling	To be able to dribble the ball with control using dominant hand.	Triple threat https://www.youtube.com/watch?v=A-Jg0BwOYGE Jump stop and pivot https://www.youtube.com/watch?v=8BQ5w4Swl3s https://www.youtube.com/watch?v=Jv7oFJ_VCxs passing https://www.youtube.com/watch?v=7UT4JTPIw_0 dribbling https://www.youtube.com/watch?v=OeGoxNOgAYM&t=23s
	1	Athletics	Throwing - Javelin	To understand the rules of javelin. To be able to perform the technique for javelin (standing and small run up)	Rules https://www.youtube.com/watch?v=9fGiv2MwFLk tip down https://www.youtube.com/watch?v=JZ9PHvqDr40 learning how to throw https://www.youtube.com/watch?v=ck2nE9aX5hk https://www.youtube.com/watch?v=Lg2CHt7kxQ8
	2	Basketball	Jump stop, pivoting and passing	To be able to perform a controlled jump stop, using the backward pivot to change direction and pass the ball using a variety of passes.	Jump stop and pivot https://www.youtube.com/watch?v=8BQ5w4Swl3s https://www.youtube.com/watch?v=Jv7oFJ_VCxs passing https://www.youtube.com/watch?v=7UT4JTPIw_0
	2	Athletics	Throwing - Shot Putt	To understand the rules of shot putt. To be able to perform the standing and shuffle technique for shot putt that reflect their ability.	Rules https://www.youtube.com/watch?v=EFje4ysTLZs grip and delivery https://www.youtube.com/watch?v=XkqI_HGQ8UQ&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC Standing throw https://www.youtube.com/watch?v=I3Mn0bTfgRk&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&index=26
	3	Basketball	Shooting	To be able to perform the correct shooting technique using either the set shot or jump shot.	Shooting mechanics https://www.youtube.com/watch?v=UcnB9e5O5NY Self-shooting

					https://www.youtube.com/watch?v=eBx7_PRWdJc Shooting practice https://www.youtube.com/watch?v=MbS29S6Pg8s rebounding https://www.youtube.com/watch?v=zJIRi5e_9bQ
3	Athletics	Throwing - Discus	To understand the rules discus. To understand the grip, release and arm action of the discus technique.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8Ixad0ABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8	
4	Basketball	Getting free – outwitting an opponent	To be able to get free and outwit your opponent	https://www.youtube.com/watch?v=9SBvptJM258	
4	Athletics	Throwing – Discus	To be able to perform the standing technique for discus their ability.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8Ixad0ABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8	
5	Basketball	Defending - man marking	To be able to mark players closely, denying them space	Man marking https://www.youtube.com/watch?v=4A6KqSjX8Ek https://www.youtube.com/watch?v=wuWE4T1DHCw	
5	Athletics	Jumping – Long Jump	To understand the rules regarding take off long jump. To be able to perform an effective long jump technique for their ability.	Rules https://www.youtube.com/watch?v=OOJ1_1moKKM fundamentals of long jump https://www.youtube.com/watch?v=L0cQBmpgicg&list=PLixDxoyT5M5LL5q_M4m8Ixad0ABY0cYKC&index=23 long jump take off https://www.youtube.com/watch?v=1NdNzQKNvWU&list=PLixDxoyT5M5LL5q_M4m8Ixad0ABY0cYKC&index=26 landing https://www.youtube.com/watch?v=mmJpbORTJSc&list=PLixDxoyT5M5LL5q_M4m8Ixad0ABY0cYKC&index=59 technique	

					https://www.youtube.com/watch?v=LPIkPM2B9DM https://www.youtube.com/watch?v=40o9PoSCnmM
	6	Basketball	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules https://www.youtube.com/watch?v=wYjp2zoqQrs game https://www.youtube.com/watch?v=1JaVoPEcQhs
	6	Athletics	Sprinting	To be able to perform the technique for sprinting (100m). To be able to use a sprint start to create power and speed.	Sprint starts https://www.youtube.com/watch?v=YwbPv91e6AY https://www.youtube.com/watch?v=7TXf8UPDtUE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=18 drills to improve running technique https://www.youtube.com/watch?v=7FRWXrdmKI8
	7	Basketball	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	
	7	Athletics	Sprinting	To be able to perform the technique for sprinting using a sprint start (200m and 400m).	Setting up starting blocks on the bend https://www.youtube.com/watch?v=6nYmRVhMz1A&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=55 drills to improve running technique https://www.youtube.com/watch?v=7FRWXrdmKI8

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1B	1	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ Scissor technique https://www.youtube.com/watch?v=-1T5vrm53SI introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=51

2	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ Scissor technique https://www.youtube.com/watch?v=-1T5vrm53SI introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&index=51
3	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKI8
4	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKI8
5	Athletics	Relays	Understand the relay change over rules. To be able to perform the down sweep technique a relay.	4 x 100m https://www.youtube.com/watch?v=55_kVAQLums changeover https://www.youtube.com/watch?v=_los9Gt7Grg&list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&index=11
7	Athletics	Relays Recap over a throwing, jumping or running events of their choice.	Demonstrate the rules and technique for the relay. Demonstrate an understanding of the techniques.	4 x 400m relay https://www.youtube.com/watch?v=LfijldrQTp0 https://www.youtube.com/watch?v=t8acYLuA3M0

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2A	1	Swimming	Body position and Breaststroke	To be able to perform a streamlined push and glide. To be able to perform the leg action and arm action	https://www.youtube.com/watch?v=IFU0aZEEIqc https://www.youtube.com/watch?v=ppuDgfdk9y8
	2	Swimming	Breaststroke	To be able to perform the correct timing of the stroke focusing on the breathing technique.	https://www.youtube.com/watch?v=9aefCaQKZpo
	3	Swimming	Front crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=-UzYFyaeGEY
	4	Swimming	Front crawl	To be able to demonstrate the breathing technique.	https://www.youtube.com/watch?v=-UzYFyaeGEY
	5	Swimming	Back crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=4_GAi41UXiM https://www.youtube.com/watch?v=VYLB1MRlyk0
	6	Swimming	Race starts	To be able to perform the race starts for the stroke.	https://www.youtube.com/watch?v=CuRuRFzGNo8
	7	Swimming	Assessment	To understand and perform the full strokes	

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2B	1	Cricket	Throwing and catching	To be able to throw accurately over short and long distances and catch the ball using both techniques	Help to catch with fingers pointing up and down depending on height of the ball.
	2	Cricket	Direct throws	To be able to throw accurately to wicketkeeper or stumps to gain runouts	https://www.youtube.com/watch?v=1gszkRU0BA8

	3	Cricket	Ground fielding- long barrier/short barrier	To be able to perform both skills depending on game situation.	https://www.youtube.com/watch?v=B4ee2svy5Lk
	4	Cricket	Batting – coordination Bowling	To be able to hit the ball consistently with minimum footwork. To be able to bowl with the correct technique (straight arm)	Any basic bat and ball game will help this. Smaller the bat the better for their coordination. https://www.youtube.com/watch?v=Zu4f3CFrZ6I
	5	Cricket	Batting – frontfoot shots	To be able to move feet towards the pitch of the ball and hit it with good technique	https://www.youtube.com/shorts/x1tMW06rmnE
	6	Cricket	Game	To be able to perform skills learnt in a game situation.	
	7	Cricket	Assessment	To perform skills to best of ability in competitive game.	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3A	1	Softball	Throwing and catching using softball glove	To be able to throw and catch to a basic level	The glove is worn on the non-dominant hand so practicing catching at home with this hand and preferably a softball-sized ball.

	2	Softball	Throwing accurately to base fielders	To be able to control accuracy when throwing to affect run-outs in games.	
	3	Softball	Pitching	To be able to pitch correctly to batters limiting the number of foul balls	
	4	Softball	Batting	To be able to hit a stationary ball with power (hitting of the tee)	https://www.youtube.com/shorts/6AX6maJAwX4
	5	Softball	Batting Pitching	To be able to hit a moving ball. To be able to pitch the ball accurately to batters	
	6	Softball	Game	To perform skills learnt in a competitive situation and pick up tactics to get batters out and how to avoid getting out	
	7	Softball	Assessment	To demonstrate these skills in a competitive game	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3B	1	Volleyball	Overhead (Volley) and Forearm Pass (dig)	To be able to perform the volley and forearm pass	Forearm pass (dig) https://www.youtube.com/watch?v=vAAcuihU11U https://www.youtube.com/watch?v=wYPXkfK4ZGs https://www.youtube.com/watch?v=y73so-UV-X8 Overhead Pass (Volley) https://www.youtube.com/watch?v=2f8l_Fb84LE https://www.youtube.com/watch?v=dn_rkWl7700
	2	Volleyball	Serving Volley and dig	To be able to perform the serve technique. To be able to perform the volley and dig in a rally.	Partner drills https://www.youtube.com/watch?v=XE8wxJMxUdE Serving https://www.youtube.com/watch?v=E65rysfSWNQ https://www.youtube.com/watch?v=oO44w6NFpl4

3	Volleyball	Volley and dig	To be able to perform either the volley and dig in a 3 touch rally. Be able to apply skills in a game	Partner and group passing drills https://www.youtube.com/watch?v=XE8wxJMxUdE https://www.youtube.com/watch?v=hMy8hN_dk1c https://www.youtube.com/watch?v=oxZMxB_QYA8 https://www.youtube.com/watch?v=VYYWfukq_zq
4	Volleyball	Spike	To be able to throw the ball and contact ball with correct part of the hand. To be able to jump up and contact ball that is thrown/volleyed.	Learning how to spike drills https://www.youtube.com/watch?v=qGGNW151mro
5	Volleyball	Spike	To be able to spike a ball from a set.	Spike footwork https://www.youtube.com/watch?v=1UscFC5Tix4 https://www.youtube.com/watch?v=r-d4atm9TnE Learning how to spike drills https://www.youtube.com/watch?v=qGGNW151mro
6	Volleyball	Game play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules https://www.youtube.com/watch?v=OWCkPbzq81g 7 th grade game – 12 to 13 year olds https://www.youtube.com/watch?v=oDe6pthzSgo
7	Volleyball	Volleyball Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	