

PE Scheme of Work 2023-2024: YEAR 7

AUTUMN TERM 1: SEPT - OCT	AUTUMN TERM 2: OCT - DEC	SPRING TERM 1: JAN - FEB
Baseline/Evasion games	Gymnastics/ ?	Net/Wall Games
The purpose of this unit of work is to develop pupils physically. They will learn fundamental skills and begin to understand to apply tactics to games. They will also understand the importance of warming up and cooling down and be able to coach one another to perform	The purpose of this unit of work is for pupils to discover the limitations of their bodies. They will understand how to balance, travel and use equipment safely.	The purpose of this unit of work is to understand how to outwit opponents and use specific skills. Pupils will learn how to use equipment safely and review the performance of others.
SPRING TERM 2: FEB - MAR	SUMMER TERM 1: APR - MAY	SUMMER TERM 2: JUN - JUL
Health Related Fitness	Athletics	Striking and Fielding games
The purpose of this unit of work is to develop fitness through fitness testing and fitness training. Learners will develop a knowledge on different methods of training and start to understand how to apply these to different sports.	The purpose of this unit of work is for learners to compete at high levels of performance. Learners have the opportunity to compete in a variety of events, based on running, jumping and throwing and get to compete against each other competitively. They should be able to understand how to effectively assess each other to look to improve efforts in different athletic events.	The purpose of this unit of work is to develop specific skills in striking and fielding such as catching, throwing and striking the ball.