

# Year 7 - PE: Basketball



## Key Vocabulary:

<b>Passing</b>	Moving the ball to a teammate.
<b>Dribbling</b>	Allows you to move the ball around the court, alternating hands to get closer to the basket.
<b>Attacking</b>	The team moving up the court together when in possession of the ball.
<b>Defending</b>	The team tracking back as soon as possible to defend their basket when possession is lost.
<b>Pivoting</b>	Rotating on your pivot foot to see different areas of the court
<b>Shooting</b>	Scoring points using unopposed set shots, lay ups and opposed shooting in basketball.
<b>Unopposed</b>	Not under any pressure from the opposition. Introduction to the rules/ techniques.
<b>Movement</b>	Getting into positions on the court to support your teammates in possession.

## Key knowledge of Technical Skills:



<b>Dribbling</b>	<ul style="list-style-type: none"> <li>Keep your head up and keep the ball close to your body for control, use your fingers rather than your palm.</li> <li>Try and use alternating hands, dribble with the right hand and then try it with your left hand.</li> <li>Dribble with the ball at waist height for more consistency.</li> </ul>
<b>Set Shot Shooting (B.E.E.F Principle)</b>	<ul style="list-style-type: none"> <li><b>Balance</b> and bend your knees, shoulder width apart.</li> <li><b>Eyes</b> focused on the target (Basket).</li> <li><b>Elbow</b> at 90*, dominant hand holding the ball up and non-dominant hand on the side of the ball for support.</li> <li><b>Follow through</b> by flicking your wrist and pushing the ball up so it loops, rather than flying straight out.</li> </ul>
<b>Short passing</b>	<ul style="list-style-type: none"> <li>Hands make a W shape, thumbs together at the centre.</li> <li>Step forwards with one foot, keeping elbows close to your body.</li> <li>As you release the ball, straighten your arms and push your fingers out, always keeping your eyes on the receiver.</li> </ul>
<b>Pivot</b>	<ul style="list-style-type: none"> <li>Pivot foot to stay still on the floor.</li> <li>Lift heel off floor on pivot foot and rotate on the ball of your foot.</li> </ul>

## Year 7 Values: 'Social belonging'



### Teamwork

Develop an understanding of working together to achieve desired outcome



### Self-management

To take responsibility for organising self



### Respect

To treat others fairly and correctly



# Year 7 - PE: Basketball



## Key knowledge of Tactics and Strategies :



**Basics of attacking**



**Basics of defending**



**Movement and Spacing out**

<b>Basics of attacking</b>	When in possession of the ball your team should be looking to get towards your opponent's basket. Use a combination of passing and dribbling to move the ball up the court. When you do not have the ball, you should be trying to create space away from your opponent to then receive the ball.
<b>Basics of defending</b>	When your team does not have the ball, your team should move back behind the ball. You should be moving back into a defensive zone to protect your basket and try to avoid the other team from scoring points.
<b>Movement and spacing out</b>	Spacing is important to give the player in possession space to attack their marker or space to look for a pass. It is also important so that players can get free. You should move into a position on the court so where defenders are not between you and your teammate

## Key knowledge of Rules and Regulations:

<b>Starting a game</b>	The game starts when the referee throws a jump ball. This is when a player from either team has the chance to jump and gain possession for their team.
<b>Double dribble</b>	In basketball, an illegal dribble occurs when a player ends their dribble by catching or causing the ball to come to rest in one or both hands, then dribbles again. In this case, the ball will then be given to the other team.
<b>Travel</b>	In basketball, traveling is a violation that occurs when a player takes too many steps without dribbling the ball. Max 2 steps, if you stop you should pass or shoot.
<b>Foul</b>	A foul is a breach of the rules more serious than a violation. Most fouls occur because of illegal personal contact with an opponent and/or unsportsmanlike behaviour.
<b>Restart of play</b>	An attacking team has 24 seconds from gaining possession of the ball to shoot at the basket. After a team scores a basket, the ball is returned to the opposition to start again.
<b>Scoring</b>	2 points inside the D, 3 points from outside the D. If a team is awarded a technical foul, then they will receive between one and three free shots. Each shot scored will be awarded with one point.

### Learning Checklist:

- I can pass the ball to a teammate using a chest, bounce and overhead pass.
- I can control the ball dribbling using my dominant and non-dominant hand.
- I can dribble the ball with control.
- I can shoot at the basket using a set shot and following the BEEF principle, Balance, Eyes, Elbow, Follow through.

### Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball.
- I can apply the key character values of respect, self-management and teamwork in Basketball.
- I can play a small sided basketball match, following the basic rules.

# Year 7 - PE: Dance



**Key Vocabulary:**

<b>Choreography</b>	The art of creating a dance
<b>Relationships</b>	The way in which dancers interact
<b>Actions</b>	What the dancer does
<b>Dynamics</b>	How the dancer moves
<b>Space</b>	The where of movement including levels, direction and pathways
<b>Formation</b>	Shapes and patterns created by positioning dancers
<b>Choreographic Devices</b>	Methods used to develop choreography
<b>Rehearsal</b>	Practice choreography to improve movement memory

**Heart Character Values:**

**Year 7 Values: 'Social belonging'**



**Teamwork**

Develop an understanding of working together to achieve desired outcome



**Self-management**

To take responsibility for organising self



**Respect**

To treat others fairly and correctly



**Key knowledge of Technical Skills:**



**Street Dance**

- Knowledge of the origins and key features of Street Dance
- Implementing the 5 key actions of dance – Gesture, Jump, Turn, Travel and Stillness



**Bollywood Dance**

- Knowledge of the origins and key features of Bollywood Dance
- Creating different formations
- Exploring choreographic devices



**The Haka**

- Knowledge of the origins and key features of Haka Dance
- Demonstrating variation in dynamics



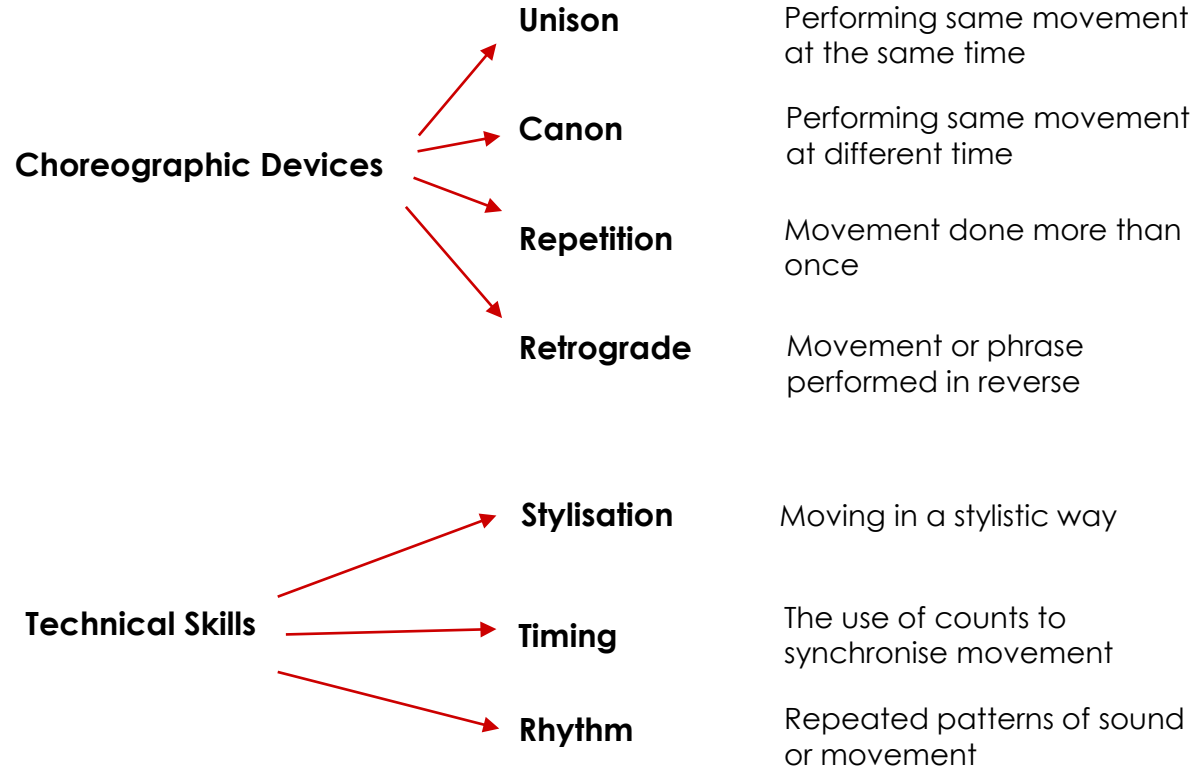
**Capoeira**

- Knowledge of the origins and key features of Capoeira Dance
- Developing the use of action and reaction

# Year 7 - PE: Dance



## Key knowledge of Choreographic Skills:



## Key knowledge of Health and Safety:

<b>Correct kit</b>	Students must wear Highfields PE kit on. Hair should be tied back, and jewellery must be taken off.
<b>Hydration</b>	Hydration is essential to maintain normal blood circulation because this aids the delivery of nutrients and oxygen to the working muscles in the body.
<b>Nutrition</b>	Eating a balanced diet of complex carbohydrates, proteins, fats and vitamins and minerals
<b>Warm Up</b>	Reduces the chances of an injury by increasing the temperature of your body and prepping your muscles and joints for exercise.
<b>Cool Down</b>	To allow your heart rate and breathing to return to normal, prevent injury and to ease any muscle soreness.

## Learning Checklist:

- I know how to successfully warm up and cool down
- I know different choreographic devices and can implement them into choreography
- I can create choreography in a variety of styles
- I can describe and perform the 5 actions of dance

## Learning Checklist:

- I can use a variety of dynamics within my performance
- I can demonstrate action and reaction within a duet
- I can create choreography with different formations
- I can apply the key character values of respect, self-management and teamwork in dance

# Year 7 - PE: Football



## Key Vocabulary:

<b>Short Passing</b>	Moving the ball over a short distance to a teammate.
<b>Dribbling</b>	Allows you to move the ball around the field with your feet.
<b>Attacking</b>	The team moving up field together when in possession of the ball.
<b>Defending</b>	The team moving back behind the ball to defend their goal when possession is lost
<b>Mid-range passing</b>	Passing over a medium distance to a teammate.
<b>Shooting</b>	Striking the ball in order to score a goal.
<b>Unopposed</b>	Not under any pressure from the opposition.
<b>Movement</b>	Getting in to positions on the pitch to support your teammates in possession.

## Heart Character Values:

### Year 7 Values: 'Social belonging'



## Key knowledge of Technical Skills:



**Ball Familiarisation**



**Dribbling**



**Shooting**



**Short Passing**



**Mid-Range Passing**



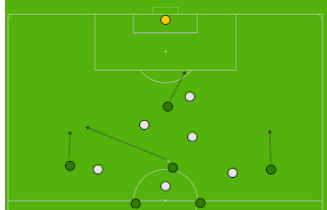
**Control**

<b>Dribbling</b>	<ul style="list-style-type: none"> <li>Keep your head up and keep the ball close to your feet for control</li> <li>Use the inside/outside of your foot to dribble for control</li> <li>Use the laces of your foot to dribble for speed</li> </ul>
<b>Shooting</b>	<ul style="list-style-type: none"> <li>Place non-kicking foot at the side of the ball</li> <li>Use the side of the foot for placement and accuracy</li> <li>Use the laces for power</li> </ul>
<b>Short passing</b>	<ul style="list-style-type: none"> <li>Place the non-kicking foot at the side of the ball</li> <li>Turn your knee out and kick through the ball towards your teammate</li> </ul>
<b>Mid-range Passing</b>	<ul style="list-style-type: none"> <li>Place the non-kicking foot at the side of the ball</li> <li>Kick through the ball using instep of foot</li> </ul>
<b>Control (foot)</b>	<ul style="list-style-type: none"> <li>Move your body in line with the ball.</li> <li>Use the inside of the foot to stop the ball</li> </ul>

# Year 7 - PE: Football



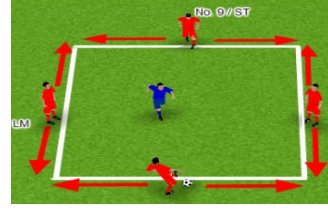
## Key knowledge of Tactics and Strategies :



**Basics of attacking**



**Basics of defending**



**Movement and Spacing out**

<b>Basics of attacking</b>	When in possession of the ball your team should be looking to get towards your opponent's goal. Use a combination of passing and dribbling to move the ball up the field. When you do not have the ball you should be moving into space to support your teammate
<b>Basics of defending</b>	When your team does not have the ball your team should move back behind the ball. You should be 'goal side' of the player, which means you are in a position closer to your own goal.
<b>Movement and spacing out</b>	Spacing is important in order to give the player in possession space to attack their marker or space to look for a pass. It is also important so that players are able to get free. You should move into a position so that defenders are not between you and your teammate

## Key knowledge of Rules and Regulations:

<b>Starting a game</b>	• A game is started with a kick-off. This involves a player passing the ball to a team-mate from the centre.
<b>Hand-ball</b>	• An outfield player cannot use their hands (or arm) to touch the ball. A free-kick or penalty would be awarded
<b>Free-kick</b>	• A non-contested pass or shot that is give when an offence is committed. Opposing players need to stand 10 yards from the ball
<b>Penalty</b>	• An uncontested shot at the goal against the goalkeeper from the penalty spot. Awarded for an offence in the penalty area.
<b>Goal kick</b>	• Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched an attacking team player. The ball is kicked from a stationary position from the 6 yard box.
<b>Corner</b>	• Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched a defending team player. The ball is kicked in from the corner spot by the attacking team.

### Learning Checklist:

- I can pass the ball to a teammate using the inside of my foot
- I can control the ball using my foot
- I can dribble the ball with control
- I can shoot at the goal using the inside of my foot and my laces

### Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball
- I can apply the key character values of respect, self-management and teamwork in football
- I can play a small sided football match, following the basic rules

# Year 7 - PE: Netball



## Key Vocabulary:

<b>Pivot</b>	Swivel or turn on your landing foot to change direction.
<b>Catch</b>	Use your eyes to follow a ball so it lands in your hands.
<b>Throw/pass</b>	Propel a ball through the air by a forward motion of the hand and arm for a team mate to catch.
<b>Jump stop</b>	Jumping and landing on both feet at the same time.
<b>Footwork</b>	On receiving the ball, a player lands on one foot and can then pivot using the other foot.
<b>Shooting</b>	From the semi-circle, GS or GA propels the ball up towards the net aiming for a goal.
<b>Defend</b>	Stop the attacking team by marking your player or making it difficult to execute a pass.
<b>Movement</b>	Getting into positions on the court to support your teammates in possession.

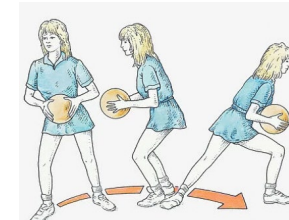
## Key knowledge of Technical Skills:



**Ball Familiarisation**



**Footwork**



**Pivoting**



**Shooting**



**Defend**



**Throwing**



**Catching**

<b>Pivoting</b>	<ul style="list-style-type: none"> <li>• Jump and land on the ball of one foot.</li> <li>• Pivot by rotating yourself on the ball of your landing foot.</li> <li>• Use your non landing foot to move you round.</li> </ul>
<b>Catching</b>	<ul style="list-style-type: none"> <li>• Keep your head up and focus on the ball.</li> <li>• Extend your arms towards the ball with hands spread.</li> <li>• Watch the ball all the way into your hands.</li> </ul>
<b>Throwing</b>	<ul style="list-style-type: none"> <li>• Hold the ball in one or two hands with fingers spread.</li> <li>• Propel or push the ball towards your receiver/player.</li> </ul>
<b>Jump stop</b>	<ul style="list-style-type: none"> <li>• Land on both feet together. Bend/flex knees on landing.</li> </ul>
<b>Shooting</b>	<ul style="list-style-type: none"> <li>• Feet are shoulder width apart, facing the post.</li> <li>• Place your shooting hand underneath the ball and your non-shooting hand to the side.</li> <li>• Bend your knees and arms. Extend both towards the goal.</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>• Jump and land one foot followed by the other.</li> </ul>

## Heart Character Values:

### Year 7 Values: 'Social belonging'



#### **Teamwork**

Develop an understanding of working together to achieve desired outcome



#### **Self-management**

To take responsibility for organising self



#### **Respect**

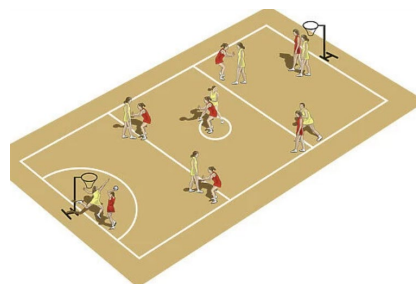
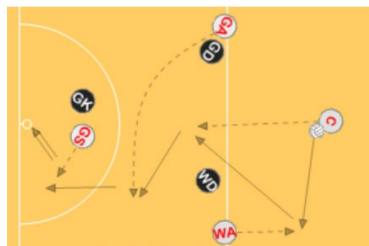
To treat others fairly and correctly



# Year 7 - PE: Netball



## Key knowledge of Tactics and Strategies :



<b>Basics of attacking</b>	When in possession of the ball your team should be looking to get towards your opponent's goal. Use a combination of passing and moving to get the ball up the court. When you do not have the ball you should be moving into space to support your teammates.
<b>Basics of defending</b>	When your team does not have the ball your team should mark their players attempting to intercept a pass to stop the other teams attack.
<b>Movement and spacing out</b>	Spacing is important in order to give the player in possession space to pass. It is also important so that players are able to get free. You should move into a space so that you can receive a pass easily.

## Key knowledge of Rules and Regulations:

<b>Starting a game</b>	<ul style="list-style-type: none"> <li>A game is started with a centre pass. All players, other than C must be outside the centre third.</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>When receiving the ball, jump and land one foot followed by the other. If you lift and put down the landing foot that is footwork. A free pass is awarded.</li> </ul>
<b>Out of play</b>	<ul style="list-style-type: none"> <li>When the ball goes off the court it is called 'out of play'.</li> </ul>
<b>Obstruction</b>	<ul style="list-style-type: none"> <li>When defending a player with the ball you must stand a meter away. Any closer and that is obstruction. A penalty pass is awarded.</li> </ul>
<b>Contact</b>	<ul style="list-style-type: none"> <li>You are not allowed to touch another player in netball. If you do it is called 'contact'. A penalty pass is awarded.</li> </ul>
<b>Offside</b>	<ul style="list-style-type: none"> <li>Players in netball are only allowed in certain areas of the court. If a player goes into an area they are not allowed, this is called 'offside'. A free pass is awarded.</li> </ul>

### Learning Checklist:

- I can pass the ball to a teammate
- I can catch a ball
- I can perform a basic shooting technique
- I can land on one foot followed by the other and stop

### Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball
- I can apply the key character values of respect, self-management and teamwork in netball
- I can play a small sided netball match, following the basic rules



# Year 7 - PE: Trampolining



## Key Vocabulary:

<b>Mount/dismount</b>	Getting on and off the trampoline safely.
<b>Straight jumps</b>	Bouncing straight up in the air. You must bend your knees and straighten them whilst in the air. Toes must be pointed; legs must be together.
<b>Stops/landing</b>	Bend knees and get into a squat position, with your arms out in front for support to stop to stop your bounce dead on the trampoline.
<b>Spotting</b>	Positioning yourself around the trampoline to assist the trampolinist who may fall.
<b>Trampoline bed</b>	The fabric part of the trampoline that is stretched by springs. The thickness and width of the material affect the rebound power of the trampoline.
<b>Routine</b>	Putting together skills taught in a sequence.

## Key knowledge of Technical Skills:



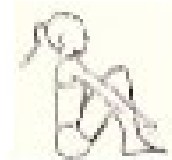
Seat drop



Pike



Straddle



Tuck



<b>Pike</b>	<ul style="list-style-type: none"> <li>• Legs remain straight, toes pointed out.</li> <li>• Ideally the hands reach to touch the feet</li> </ul>
<b>Straddle</b>	<ul style="list-style-type: none"> <li>• Legs remain straight, shoulder width apart and toes pointed out.</li> <li>• Ideally the hands reach to touch the feet.</li> </ul>
<b>Tuck</b>	<ul style="list-style-type: none"> <li>• Legs together, knees and hips bent to 90 degrees or less.</li> <li>• Hands grasping the shins below the knee tucking knees to chest.</li> <li>• Ankles remain straight and toes pointed.</li> </ul>
<b>Half Twist</b>	<ul style="list-style-type: none"> <li>• Keep the body upright and straight during the twist.</li> <li>• When you are twisting, have a focus point.</li> <li>• Arms vertical and straight during flight. Turn the shoulders and look where you are going and land 180 degrees from starting point.</li> </ul>
<b>Full Twist</b>	<ul style="list-style-type: none"> <li>• Keep the body upright and straight during the twist.</li> <li>• When you are twisting, have a focus point.</li> <li>• Arms vertical and straight during flight. Turn the shoulders and look where you are going and land 360 degrees from starting point.</li> </ul>
<b>Seat drop</b>	<ul style="list-style-type: none"> <li>• When landing in the seat landing position, legs should be straight with toes pointed; tension in the stomach.</li> <li>• Hands should be placed slightly behind the bottom, with fingers facing forwards.</li> <li>• After landing on the bed push your hips up and land back on your feet with control.</li> </ul>

## Year 7 Values: 'Social belonging'



### Teamwork

Develop an understanding of working together to achieve desired outcome



### Self-management

To take responsibility for organising self



### Respect

To treat others fairly and correctly



# Year 7 - PE: Trampolining



## Further Support and Extended Learning:

### Seat drop further help



[Click here:](#)

### Seat drop into half twist landing Extended learning



[Click here:](#)

### Swivel hips Extended learning



[Click here:](#)

## Key knowledge of Health and Safety and Regulations:

<b>Correct Equipment</b>	Students must wear Highfields PE kit with their shoes removed. Hair should be tied back, and jewellery must be taken off.
<b>Spotting</b>	Peers are placed around the trampoline to assist the trampolinist who may fall. It is important you are attentive when spotting.
<b>Mounting/ Dismounting</b>	Getting on and off the trampoline safely.
<b>Warm up</b>	Reduces the chances of an injury by increasing the temperature of your body and preparing your muscles and joints for exercise.
<b>Cool down</b>	To allow your heart rate and breathing to return to normal, prevent injury and to ease any muscle soreness.
<b>Hydration</b>	Hydration is essential to maintain normal blood circulation because this aids the delivery of nutrients and oxygen to the working muscles in the body.

## Learning Checklist:

- I can mount and dismount the trampoline safely.
- I can spot my peers with safety and consideration in mind.
- I can perform straight jumps with the correct technique.
- I can stop and land with the correct technique.

## Learning Checklist:

- I can perform the three basic shapes that are tuck, pike and straddle.
- I can perform a half and a full twist with the correct technique.
- I can perform a seat landing with the correct technique.
- I can put the skills that I have been taught into a routine and perform the routine to my teacher and potentially a small group.

# Year 7 - PE: Table Tennis



## Key Vocabulary:

<b>Rally</b>	Rally in table tennis is a point during which both players keep the ball in play.
<b>Serve</b>	The beginning of a point where one player strikes the ball to hit both sides of the table after tossing it.
<b>Shakehand grip</b>	A grip where the bat is held exactly as it sounds but with the middle, ring, and little fingers wrapped around the handle
<b>Forehand</b>	A stroke done to the right-front (for right-handers) of the body, with the palm of hand facing opponent.
<b>Backhand</b>	A stroke done directly in front of the body, with the bat turned so that the back of the hand faces the opponent

## Equipment:



Indoor Trainers



Indoor PE kit



Bats, balls and tables (in school)

## Key knowledge of Technical Skills:



Backhand shot



Forehand Push shot



Forehand serve



Stance

<b>Forehand Push shot</b>	<ul style="list-style-type: none"> <li>Control the ball back over the net by contacting the ball at its highest point and hitting forward</li> <li>Hit from low to high with the bat tilting slightly down</li> </ul>
<b>Forehand serve</b>	<ul style="list-style-type: none"> <li>Toss the ball upwards and strike the ball with palm facing your opponent.</li> <li>Ball must bounce in your own half of the table before bouncing over the net.</li> </ul>
<b>Stance</b>	<ul style="list-style-type: none"> <li>Feet shoulder width apart with a slight bend in the knee.</li> <li>Angled stance. Don't position yourself too close to the table.</li> </ul>
<b>Backhand shot</b>	<ul style="list-style-type: none"> <li>Stand facing 'square' to the table.</li> <li>Hit ball in front of the body using the backhand side of the bat.</li> <li>Bat movement from stomach upwards and forwards.</li> </ul>

## Heart Character Values:

### Year 7 Values: 'Social belonging'



#### Teamwork

Develop an understanding of working together to achieve desired outcome



#### Self-management

To take responsibility for organising self



#### Respect

To treat others fairly and correctly



# Year 7 - PE: Table Tennis



## Key knowledge of Tactics and Strategies :



**Keeping the ball in play**



**Variety of serve**



**Winning a point**

<b>Keeping the ball in play</b>	As a starting point, being able to control a shot to maintain a rally and return shots with few unforced errors.
<b>Variety of serve</b>	Understanding and applying a variety of serving techniques to deceive and outwit opponents.
<b>Winning a point</b>	Varying shot selection with length and direction to open up spaces around the table and force opponents into mistakes.

## Learning Checklist:

- I can assume the correct ready position to receive a shot
- I can perform a controlled forehand push shot
- I can perform a controlled backhand push shot
- I can start a rally by performing a serve

## Key knowledge of Rules and Regulations:

<b>Starting a point</b>	<ul style="list-style-type: none"> <li>• The server has to hold the ball with an open palm, toss it up and strike it in a manner that the ball bounces first on the server's side of the table before bouncing over the net to the other side.</li> </ul>
<b>Winning a point</b>	<ul style="list-style-type: none"> <li>• Hitting a legal shot that is unreturned</li> <li>• Ball bouncing twice on the opponents half</li> <li>• Opponent hits the ball in the net</li> <li>• Opponent hits the ball without allowing a bounce first</li> <li>• Opponent hits the ball and it misses the table</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• Each player serves 2 points in a row</li> <li>• First to 11 points wins a game</li> <li>• If the score is tied at 10-10, the game ends when one player leads by 2 points (e.g. 15-13).</li> </ul>



## Learning Checklist:

- I understand and can apply serving technique in correspondence with regulations
- I can apply rules to competitive games
- I can score correctly and adhere to scoring regulations