

Year 7 - PE: Basketball



Key Vocabulary:

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

Key knowledge of Technical Skills:



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

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

Basics of attacking	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.
Basics of defending	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.
Movement and spacing out	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:

Starting a game	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.
Double dribble	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.
Travel	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.
Foul	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.
Restart of play	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.
Scoring	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:

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



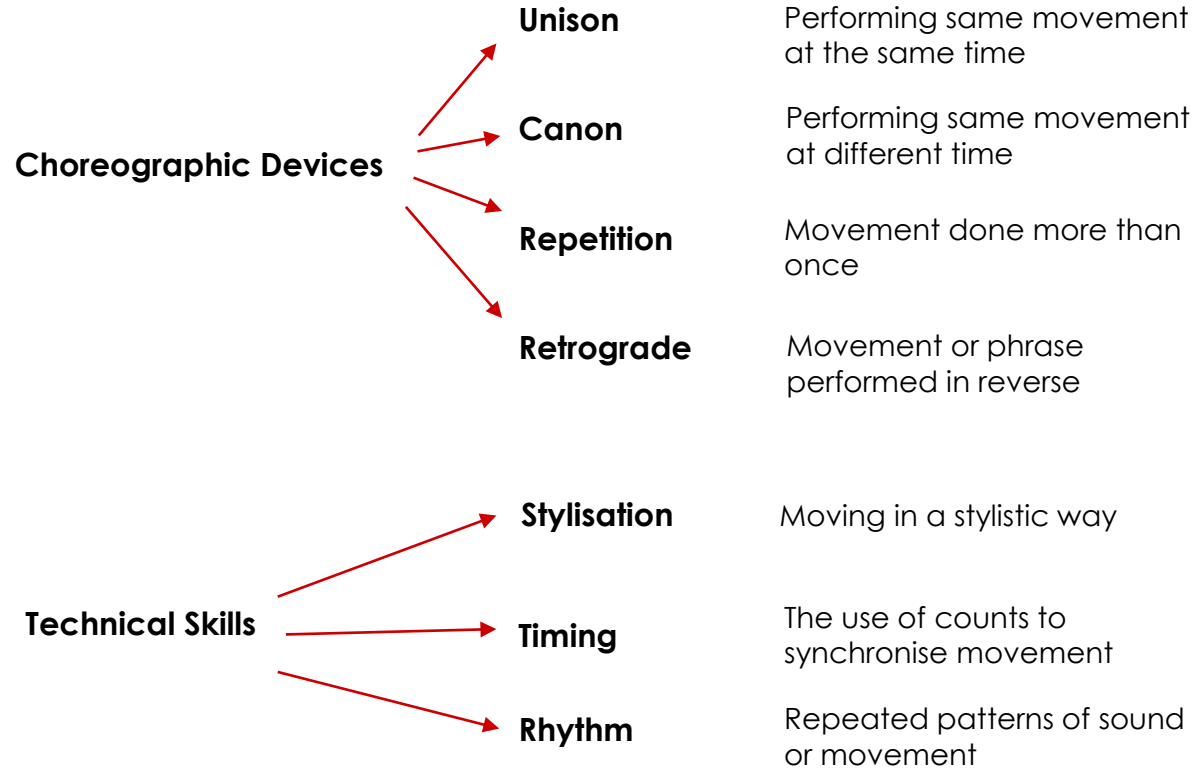
Capoeira

- 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:

Correct kit	Students must wear Highfields PE kit on. Hair should be tied back, and jewellery must be taken off.
Hydration	Hydration is essential to maintain normal blood circulation because this aids the delivery of nutrients and oxygen to the working muscles in the body.
Nutrition	Eating a balanced diet of complex carbohydrates, proteins, fats and vitamins and minerals
Warm Up	Reduces the chances of an injury by increasing the temperature of your body and prepping your muscles and joints for exercise.
Cool Down	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: Trampolining



Key Vocabulary:

Mount/dismount	Getting on and off the trampoline safely.
Straight jumps	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.
Stops/landing	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.
Spotting	Positioning yourself around the trampoline to assist the trampolinist who may fall.
Trampoline bed	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.
Routine	Putting together skills taught in a sequence.

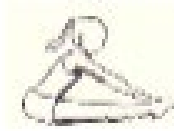
Key knowledge of Technical Skills:



Seat drop



Pike



Straddle



Tuck



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

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

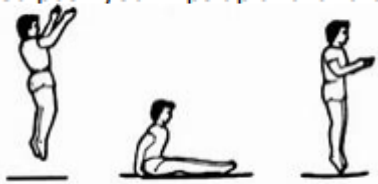


Year 7 - PE: Trampolining



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:

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

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

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

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

Keeping the ball in play	As a starting point, being able to control a shot to maintain a rally and return shots with few unforced errors.
Variety of serve	Understanding and applying a variety of serving techniques to deceive and outwit opponents.
Winning a point	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:

Starting a point	<ul style="list-style-type: none"> • 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.
Winning a point	<ul style="list-style-type: none"> • Hitting a legal shot that is unreturned • Ball bouncing twice on the opponents half • Opponent hits the ball in the net • Opponent hits the ball without allowing a bounce first • Opponent hits the ball and it misses the table
Scoring	<ul style="list-style-type: none"> • Each player serves 2 points in a row • First to 11 points wins a game • If the score is tied at 10-10, the game ends when one player leads by 2 points (e.g. 15-13).



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

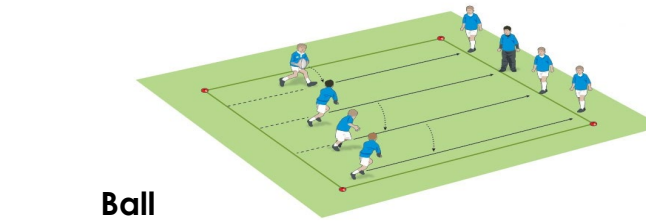
Year 7 - PE: Rugby



Key Vocabulary:

Try	A try is worth 5 points. It is scored when a player places the ball on the ground with downward pressure in the in-goal area.
Forward pass	A forward pass occurs when the ball is passed forwards. You can only pass backwards or side on.
Offside	A player is offside in open play if that player is in front of a team-mate who is carrying the ball or who last played it. An offside player must not interfere with play.
Penalty	Penalties are awarded for serious infringements like dangerous play, offside and handling the ball on the ground in a ruck.
Turnover	When a team loses possession of the ball they are said to have turned the ball over to the other team.
Dummy run/pass	Where the ball carrier moves as if to pass the ball to a team-mate, but then continues to run with the ball himself; the objective is to trick defenders into marking the would-be pass receiver.

Key knowledge of Technical Skills:



Ball Familiarisation



Short passing



Running with the ball



Footwork/ evading

Ball Familiarisation	<ul style="list-style-type: none"> You will learn to run with the ball and perform basic passing actions to teammates. Learning to pass both ways to improve skill level. You should hold the ball with control in two hands and be able to change direction quickly to try to evade an opponent.
Short passing	<ul style="list-style-type: none"> Have two hands on the ball, one either side. Throw the ball in a sweeping motion across your body and aim for partner's target (hands in front of their body). The ball will be thrown in an arc with the elbows staying close into the body. This will allow for accuracy.
Running with the ball	<ul style="list-style-type: none"> Students will gain a technical and tactical understanding of when to run with the ball and when to pass the ball. When running with the ball aim to run forward to gain territory Have the ball in two hands and keep head up to look for space and passes.
Footwork/ Evading	<ul style="list-style-type: none"> Aim to use pace and agility when running to evade the defender. Step to left and then quickly accelerating right at pace is a good way to evade your opponent. Use a dummy pass in one direction and then run around the other direction

Heart Character Values:

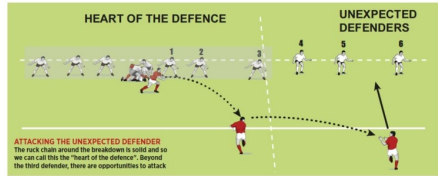
Year 7 Values: 'Social belonging'

<p>Teamwork Develop an understanding of working together to achieve desired outcome</p>	<p>Self-management To take responsibility for organising self</p>	<p>Respect To treat others fairly and correctly</p>
--	--	--

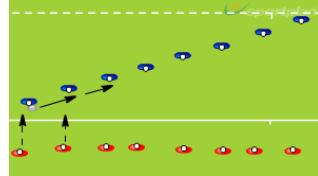
Year 7 - PE: Rugby



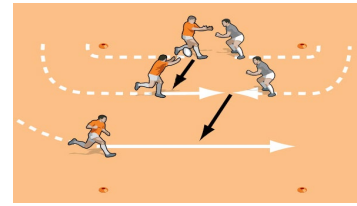
Key knowledge of Tactics and Strategies :



Basics of attacking



Basics of defending



Spacing out to create width

Basics of attacking	Students will develop their understanding of strategic and tactical play in touch rugby to beat and outwit an opponent. Students to work on running and release of the ball with active defender's pressure. When attacking students will organise orders of play, whether it is an arrow or diagonal formation.
Basics of defending	Student will develop a clear understanding of getting organised quickly when defending. Communicating accurately to one another using their key values of teamwork, self-management and respect. Students to understand the importance of creating a defensive line to minimise gaps to attack.
Spacing out to create width	Students will understand the importance of width to attack and the basic rules. This will aim to create an overload situation in favour of attackers e.g., 2 v 1, aiming to create an overlap in play. This can also release a free player wide to run and score a try.

Key knowledge of Rules and Regulations:

Starting a game (tap start)	<ul style="list-style-type: none"> Play starts and restarts at the centre with a "tap". This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up.
Passing backwards	<ul style="list-style-type: none"> The ball must only be passed backwards or sideways in rugby. If the ball is passed forward possession will be turned over to the other team.
Knock on	<ul style="list-style-type: none"> Also called knock-forward. When a player loses possession of the ball and goes forward off the hands or arms of a player and hits either the ground or another player. Possession will be turned over to the other team.
Touch tackle	<ul style="list-style-type: none"> A touch tackle is when a player is touched with two hands anywhere below the sternum. Students will understand that they must stop when touched and should pass the ball backwards. Defending team to be taught rule of offside that when the opposing team is touched, they must retreat (go back) to allow pass. Use a set number of phases of play to score (e.g. 6 phases).

Learning Checklist:

- I can pass the ball using the correct technique
- I can pass the ball using a sideways or backwards pass
- I can run with the ball in my hands
- I can perform a two-handed touch tackle

Learning Checklist:

- I attempt to remain behind the ball carrier for a backwards pass
- I try to keep width to create space for my team
- When defending I understand basic positioning to spread out in a line
- I understand the basic rules of touch rugby