

## Year 7 Girls Topics

In year 7 we teach the following modules over the course of the year. Each module draws on prior learning from KS2 and builds on understanding from the KS2 programme of study. Each module develops and deepens the Core knowledge that will underpin all areas of the curriculum at KS3 and KS4.

Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Football	To introduce the basic skills of football to try to outwit an opponent.	Passing technique	Control, close, side foot, space	Students are learning foot-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Passing and movement off the ball	Close control, side of foot, movement into space	
		Movement with the ball – Dribbling Receiving & Turning	Outside, inside, laces, close, control, head up	
		Shooting	Laces, side, volley, accuracy, control, power	
		Attacking/outwitting an opponent	Movement, possession, space, control, communication, tactics, rules	
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Gymnastics	Explore core skills individually and in combination. Focus on developing stability when holding their own body position and when supporting a partner. Incorporating control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.	Locomotion	Travel, jump, power, roll, rotation	To show respect towards other people's ideas and earn the respect of others in the way we behave
		Linking movements		
		Transfer of weight	Body tension, stability, rotating, weight on hands, cartwheel, link	
		Balance – individual / partner	Centre of mass, control, body tension, extension, flexibility, balance, front support, back support, shoulder balance, arabesque, sitting balance	
		Balance – partner and group work	Body tension, feedback, cannon, unison, aesthetic, apparatus, starting and finishing positions	
		Balance – development of group routines	Control, body tension, feedback, aesthetic, stability, timing, travel, roll, weight on hands, timing	
Rugby	Focus on improving and applying basic core skills for tag rugby thinking about how to use core skills, strategies and tactics to	Attacking principles	Receive ball and run forward, space, support, try	Develop strong discipline and ensure sport is of controlled with the rules being obeyed. Individuals should be honest and fair.
		Passing & outwitting an opponent	W grip, squeeze ball, ball to pocket & pass, eye contact, agility, sidestep, truck and trailer	
		Defending principles (Touch tackling / tagging)	Deny space, body position, timing , mark, defensive line, offside	

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	outwit the opposition. Individuals will learn to make informed decisions during small sided games and plan attacking principles. To develop physical literacy/body movement competence.	Attacking & outwitting opponents	Side step, space, agility, support	
		Game Play & rules	Knock on, offside, forwards pass, turnover	
		Competitive Play	Rules, outwit, mark	
Netball	Focus on replication of the fundamental skills required to perform at maximum levels in small sided games.	Movement and footwork	Landing foot, pivot foot, footwork	Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Ball handling	Control, hand-eye coordination, target	
		Passing & receiving	Chest pass, shoulder pass, grip, strength, speed, accuracy, signal for the ball	
		Attacking play & movement – introduction to positions and positional roles	Dodge, change of direction, change of speed, find space. GK, GD, WD, C, WA, GA, GS Defending third, attacking third, centre third, rules linked to positions.	
		Defending play – marking	Marking the player and the ball. GK, GD, WD, C, WA, GA, GS Defending third, attacking third, centre third, rules linked to positions	
		Competitive Play	Rules, outwit, mark, free pass, penalty pass, throw in GK, GD, WD, C, WA, GA, GS Defending third, attacking third, centre third, rules linked to positions	
Orienteering	To teach outdoor & adventurous activities, the life skill of map reading and enable students to be active and work on their fitness	Map symbols running game	Building, canopy, open land, open land with scattered trees, rough open land, hard paved area, out of bounds area, area of water, woodland walk, woodland easy running, fence, high wall, high fence, stream, hedge, form line, earth bank, road, footpath, rock face, sign, boulder, gate, control point, single large tree, depression, post, seat, steps, bush or small tree.	Students are learning how to orienteer through understanding maps and being able to interpret the land around them. It also encourages students to

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	alongside communication and teamwork..	Cone orienteering	Orientate the map, North, North East, East, South East, South, South West, West, North West.	enjoy the outdoors and to adopt a healthy lifestyle. In addition, develops teamwork, communication, independent thinking.
		Map walk	All of the previous two lessons vocabulary, control point.	
		Star exercise North or South	Control point, orientate map.	
		Star exercise North or South	Control point, orientate map.	
		Team anagrams	Anagram.	
Fitness	Underpins all sporting performance and develops the knowledge students require to lead active lifestyles beyond school.	Fitness suite induction – safety focus	Safety	Encourage students to enjoy training and to adopt a healthy lifestyle. Also to understand how sport can build life skills such as reliance when dealing with success and failure.
		10 minute baseline CV test & ME testing	Fitness, cardiovascular fitness, heart, blood, oxygen, working muscles, muscular endurance	
		Fitness challenges - CV	Aerobic training zone, cardiovascular fitness, link to other activities	
		Fitness challenges - ME	Muscular endurance, circuit training, link to other activities. Abdominals, quadriceps, biceps, triceps, hamstrings	
		Fitness challenges – ME and CV	Aerobic training zone, work: rest ratio	
		Retest 10 minute CV test	Purpose for testing, monitoring progress.	
Hockey	Development of the basic principles of attack and defence in hockey. Develop knowledge about how to use core skills, strategies and tactics to outwit the opposition. Develop knowledge of physical literacy/body movement competence.	Safety, grip, dribbling and handling	No high stick, Left hand top, right hand bottom, stick side, non-stick side, hand eye coordination	Teach students to take pride in their team, and rely on one another. Understanding each person has a part to play.
		Passing and receiving	Push pass, slap, stick down, low to ground	
		Attacking – outwitting opponents, use of space	Space, timing of pass, pass into space	
		Defending principles - tackling	Stick low, stick at arm’s length, 1 v 1	
		Shooting	Accuracy, timing, power	
		Competitive Play	Rules, outwit, defend	
Basketball	To introduce the basic skills of basketball to outwit opponents.	Ball familiarisation + passing	Hand-eye coordination, chest, bounce, shoulder, overhead, target	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a
		Dribbling and pivoting	Alternate hands, fingers, control, traveling, double dribble, pivot foot, change position, head up	

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		Passing and movement off the ball	Target, space, change of direction, communication, marking, weight of pass	number of different sports. Develop teamwork skills because it contributes to life outside of sport, and to see the benefits of working for the team, not just as an individual.
		Shooting – set shot	BEEF, dominant hand, follow through, balance, stance, non-shooting hand, backspin, hoop	
		Shooting – lay-up	Take off foot, drive, target, shooting hand, backboard	
		Outwitting opponents in a competitive game	Decision making, communication, movement with/ without the ball, marking, tactics	
Athletics	Develop knowledge of running, jumping and throwing skills for events in order to improve performances. Use this knowledge to explore variations in technique and use the information to become more technically proficient.	6 lessons – weather and facility dependant <ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Long distance</li> <li>• Throwing</li> <li>• Jumping</li> <li>• Relay</li> </ul>	Speed, strength, power, standing start, reaction time	To provide experiences of success and failure and acquire resilience to cope with such situations.
			Pacing, cardiovascular fitness, determination, resilience	
			Grip, power, strength, speed	
			Run up, take off, landing, speed, power, flight	
Tennis	Replicate the core skills to outwit opponents in competitive games. Pupils will develop knowledge of tactics and play shots within a rally more consistently.	Racket and ball familiarisation	Hand eye-coordination, string ball contact in the middle of the racket, control, accuracy, feed, return. Shake hands grip. Contact point at the side of the body.	Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour. Working together as a team.
		Forehand	Grip, Stance, Swing, Follow through, Ready position. Strong hand/side of the body. Body sideways on. Contact point at the side and in front of the body. Low to high swing.	
		Backhand	Grip, Stance, Swing, Follow through, ready position. Opposite side of the body to forehand. Body sideways on. Contact point at the side and in front of the body. Low to high swing. Either two handed or one handed.	
		Attacking – outwitting an opponent	Target Rally, Stroke placement. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot. Returning to the centre of the court.	

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		Basic serves	Bounce down & forehand. Begins the point. Land the serve in the service box. First and second serve.	
		Competitive play	Movement, ready position, reaction to ball, placement of the ball. First and second serve. Movement around the court – left, right, forwards and backwards. Hitting into space. Hitting to your opponents weakness. Disguising your shot.	
Bucketball / rounders	Use knowledge to replicate and improve core skills in batting, bowling and fielding in order to outwit opponents. In striking and fielding games, players achieve Use knowledge of how to strike the ball so that fielders are deceived/avoided and running between bases to score runs	Ball handling, catching	Accuracy, securing the ball, basket/cup	Development of decision making skills through game play
		Fielding – underarm, and bowling	Accuracy, technique, release height, step in, movement, reaction, eye on the ball	
		Fielding – overarm & catching	Accuracy, technique, release height, step in, movement, reaction, eye on the ball, transfer body weight, rotation.	
		Fielding – long barriers	Timing of movement, non-throwing knee down as barrier, two hands, cup the ball & secure	
		Batting	Stance, eye on ball, swing	
		Competitive play	Rules, scoring (use of second bay to score ½ rounder)	
Cricket	To introduce the basic skills of cricket to outwit opponents.	Fielding – Target throwing	Accuracy, hand-eye coordination, overarm, underarm, opposite foot, point	Students are learning hand-eye coordination skills and fielding and run scoring tactics that can be transferred across a number of different sports. Development of decision making skills through game play.
		Fielding - Retrieving ball and throwing to partner, Long barrier	Long barrier, soft hands, give, accuracy, hand-eye coordination	
		Throwing and catching games	Thumbs/ little fingers, hand-eye coordination, stance, footwork, soft hands, accuracy	
		Throwing and catching games	Thumbs/ little fingers, hand-eye coordination, stance, footwork, soft hands, accuracy	
		Kwik cricket	Batting crease, stumps, bowler, bat up, fielding positions, fours, sixes	
		2-4-6 game	Decision making, wicket keepers, grounding the bat, fielder, bowler.	