


<b>Autumn Term 1</b>	<b>Basketball</b>	<b>Netball</b>	<b>Football</b>
<b>Week 1</b>	<b>Passing + Rules</b> <ul style="list-style-type: none"> <li>• Bounce Pass</li> <li>• Chest Pass</li> <li>• Javelin Pass</li> <li>• Overhead Pass</li> </ul>	<b>Passing &amp; Footwork Rule</b> <ul style="list-style-type: none"> <li>• Chest Pass</li> <li>• Bounce Pass</li> <li>• Shoulder Pass</li> <li>• Overhead Pass</li> </ul>	<b>Passing &amp; Control</b> <ul style="list-style-type: none"> <li>• Side-Foot Pass</li> <li>• Control with instep</li> <li>• Passing on the move</li> </ul>
<b>Week 2</b>	<b>Dribbling + Rules</b> <ul style="list-style-type: none"> <li>• How to dribble</li> <li>• When to Dribble</li> <li>• Correct technique</li> <li>• Travelling</li> <li>• Double Dribble</li> </ul>	<b>Attacking – Identifying Space</b> <ul style="list-style-type: none"> <li>• Change of direction</li> <li>• Change of pace</li> <li>• In front of defenders</li> </ul>	<b>Dribbling</b> <ul style="list-style-type: none"> <li>• How to dribble</li> <li>• When to dribble</li> <li>• Correct technique</li> <li>• Low centre of Gravity</li> <li>• Dribbling withy both feet</li> </ul>
<b>Week 3</b>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Set-Shot</li> <li>• Jump Shot</li> </ul>	<b>Attacking – Possession &amp; Rules</b> <ul style="list-style-type: none"> <li>• Centre Passes</li> <li>• Throw ins</li> <li>• Sidelines</li> <li>• Backlines</li> </ul>	<b>Shooting</b> <ul style="list-style-type: none"> <li>• Technique</li> <li>• Shooting with Laces</li> <li>• Inside of the Foot Shot</li> <li>• Across Goal</li> </ul>
<b>Week 4</b>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Triple Threat Position</li> <li>• Hands and Footwork</li> </ul>	<b>Attacking – Positions, Roles &amp; Rules</b> <ul style="list-style-type: none"> <li>• 7 Positons</li> <li>• Game situations</li> </ul>	<b>Defending</b> <ul style="list-style-type: none"> <li>• Side on</li> <li>• Goal Side</li> <li>• How to Jockey</li> <li>• Tackling technique</li> </ul>
<b>Week 5</b>	<b>Attacking/Defending/Conditioned Practices</b> <ul style="list-style-type: none"> <li>• 2 V 1 Situations</li> <li>• 2 Vs 2 Situations</li> </ul>	<b>Defending &amp; Rules</b> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Distance</li> <li>• Rules</li> </ul>	<b>Attacking</b> <ul style="list-style-type: none"> <li>• 2 Vs 1 Situations</li> <li>• 3 Vs 4 Situations</li> <li>• Creating Angles</li> <li>• Pass or Shoot</li> <li>• Timing your runs</li> </ul>
<b>Week 6</b>	<b>Basketball Competition</b>	<b>Attacking/Defending Practices</b>	<b>Football Competition</b>

Autumn Term 2	Same as Autumn term 1. Classes rotate through sports		
Spring Term 3  <b>Week 1</b>	Orienteering  <b>Problem Solving Games</b>	Whole of year 7 are on Orienteering.	

<p><b>Week 2</b></p>	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> <li>• Map Reading Skills</li> <li>• Rules and expectations</li> </ul> <p><b>Onsite Orientation Tasks</b></p> <p>Playground &amp; Gym</p> <ul style="list-style-type: none"> <li>• Around the World Task</li> <li>• Map task of school</li> </ul>		
<p><b>Week 3</b></p>	<p><b>Offsite – Battersea Park</b></p> <p>Picture Orienteering Task Group Work Navigational Skills ½ the park</p>		
<p><b>Week 4</b></p>	<p>Picture Orienteering Task Group Work Navigational Skills Other ½ of the park</p>		
<p><b>Week 5</b></p>	<p>Whole of Battersea Park Conundrum task</p>		
<p><b>Week 6</b></p>	<p>Whole of Battersea Park Timed Orienteering race.</p>		
<p>Spring Term 4</p> <p><b>Week 1-5</b></p>	<p style="text-align: center;"><b>Dance</b></p> <p>Year 7 will all learn a specific routine.</p> <p>The sessions will consist of:</p> <ul style="list-style-type: none"> <li>• Warm-Up</li> <li>• Ice-Breaker Game</li> <li>• Boot-Camp</li> <li>• Technique</li> <li>• Routine</li> <li>• Performance</li> </ul>	<p>Whole of year 7 are on Dance.</p>	

	<ul style="list-style-type: none"> <li>• Free-Style Circle</li> </ul>		
<p>Summer Term 5</p> <p><b>Week 1</b></p>	<p><b><i>Athletics</i></b></p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Correct technique</li> <li>• Sprinting</li> <li>• 100m/200m</li> </ul>	<p>The whole of Year 7 are on Athletics.</p>	
<p><b>Week 2</b></p>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Relay races</li> <li>• Exchange Zones</li> <li>• Baton</li> <li>• Teamwork</li> <li>• Communication</li> </ul>		
<p><b>Week 3</b></p>	<p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Using different equipment</li> <li>• Shot Putt</li> <li>• Basic Technique</li> </ul>		
<p><b>Week 4</b></p>	<p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Javelin</li> <li>• Technique</li> <li>• Safety</li> <li>• Plastic Javelins</li> </ul>		
<p><b>Week 5</b></p>	<p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• High Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off</li> <li>• Landing</li> <li>• Scissor Kick</li> <li>• Foam Bar</li> </ul>		
<p><b>Week 6</b></p>	<p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Long Jump</li> <li>• Technique</li> <li>• Approach</li> <li>• Take-off Landing</li> </ul>		

<p>Summer Term 6</p> <p><b>Week 1</b></p> <p><b>Week 2</b></p> <p><b>Week 3</b></p> <p><b>Week 4</b></p> <p><b>Week 5</b></p> <p><b>Week 6</b></p>	<p><b>Striking and Fielding</b></p> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>• Over a short distance</li> <li>• Long Distance</li> <li>• High ball</li> <li>• Underarm</li> <li>• Over-arm</li> <li>• Catching Technique</li> </ul> <p><b>Fielding Techniques</b></p> <ul style="list-style-type: none"> <li>• Long Barrier</li> <li>• Short Barrier</li> <li>• Pick up and throw</li> </ul> <hr/> <p><b>Batting</b></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Grip</li> <li>• Back-lift and step</li> <li>• Point of contact</li> </ul> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>• Under-arm</li> <li>• Over-Arm</li> <li>• Grip</li> <li>• Angle of release</li> <li>• Technique</li> </ul> <p><b>Cricket/Rounders Circuit</b></p> <ul style="list-style-type: none"> <li>• Throw and catch</li> <li>• Bowling</li> <li>• Batting</li> <li>• Fielding</li> <li>• Recapping all the techniques</li> </ul> <p><b>Cricket or Rounder's Competition</b></p>	<p>Whole of year 7 are learning Striking and Fielding techniques through Cricket or Rounders.</p>	
<p>Home learning</p>	<p>Students are set specific tasks for each unit of work.</p>		

	<p>Term 1 - Learn rules, positions, technical and tactical demands for the invasion games.</p> <p>Term 2 –</p> <p>Orienteering, students will complete their PE Diploma</p> <p>Dance, Students are required to practice the techniques and routine they learn each week.</p> <p>Term 3 –</p> <p>Athletics, students will devise event specific warm-up games for each week.</p> <p>Striking and Fielding, student’s will learn the rules and positions and responsibilities of the performers.</p>		
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Serving God, striving for excellence

