



Year 7 Curriculum Overview for Physical Education

Curriculum Intent: To be able to understand the key concepts involved in a range of multiple sports and embed fundamental skills for each sport. A basic level of knowledge is too applied across a range of sporting strands (Invasion, Net & Wall, Creative, Fitness, Athletics, and Striking & Fielding) with an aim to increase physical activity & leadership in pupils' everyday lives. Pupils will know the rules and scoring systems across all sports delivered.

Unit	Assessment	Outline	Knowledge/Skills	Links to Prior Learning	Wider Knowledge/Literacy	Links to Careers/Employability Skills
Netball	Pupils will take part in a 4-week block of netball. Pupils will be assessed on their ability to apply core skills in both drills and competitive play. A final grade will be recorded at the end of the unit, based on both practical performance and application of rules.	To introduce the basic rules, positions, and core skills of netball, including passing, footwork, shooting, and movement into space. Pupils will begin to develop teamwork, tactical awareness, and the ability to outwit opponents in	Knowledge <ul style="list-style-type: none"> - Students will know the seven netball positions. - Students will understand the basic rules of netball, including footwork, contact, and offside. - Students will recognise when to use different passes (chest, bounce, shoulder, overhead) in game situations. - Students will know how to pivot correctly and avoid committing footwork errors. - Students will understand the BEEF technique (Balance, 	- Students can build on any KS2 games and physical activities they have taken part in, particularly their ability to use basic sending and receiving skills, follow simple rules, and work cooperatively in small-sided team games.	Literacy: Students will learn and use key netball vocabulary (e.g., footwork, pivot, interception, centre pass, marking). Oracy: Students will give and receive feedback using correct sporting terminology and communicate effectively as part of a team. Numeracy: Students will consider scoring systems, time management in matches, and basic data such as distances travelled or number of successful passes. Science/PE links: Students will explore the role of fitness components (e.g., cardiovascular endurance, agility, coordination) in performance. Recommended websites:	Careers: netball coach, umpire, PE teacher, physiotherapist, sports journalist, sports analyst, fitness instructor. Employability skills: leadership, teamwork, resilience, problem-solving, communication, dealing with pressure.



		game situations.	<p>Elbow, Eyes, Follow-through) for accurate shooting.</p> <ul style="list-style-type: none"> - Students will begin to understand basic attacking and defending principles, including creating and denying space. <p>Skills</p> <ul style="list-style-type: none"> - Ball-handling skills: chest pass, bounce pass, overhead pass, shoulder pass (one- and two-handed). - Footwork and pivoting with balance and coordination. - Shooting under pressure using correct technique. - Teamwork, communication, and tactical decision-making in small-sided and full game play. 		<ul style="list-style-type: none"> - England Netball – Rules & Resources - BBC Bitesize PE (KS3) 	
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Football	Pupils will complete a 4-week block of football. Assessment will be based on their ability to apply core skills in drills and game situations, as well as their understanding of attacking and defending principles.	Pupils will be introduced to fundamental football skills such as dribbling, passing, and shooting. They will also develop movement with and without the ball, applying tactical awareness to outwit opponents. Pupils will learn the principles of attack and defence and apply them effectively in small-sided and competitive games.	<p>Knowledge</p> <ul style="list-style-type: none"> - Movement with and without the ball. - Execution of core skills: dribbling, passing, and shooting. - Understanding the principles of attack and defence. - Developing positional awareness and tactical decision-making. - Building physical literacy through balance, coordination, control, and agility. <p>Skills</p> <ul style="list-style-type: none"> - Developing ball control - Short passing with accuracy. - Dribbling with speed and close control. - Basic shooting technique under pressure. 	<ul style="list-style-type: none"> - Builds on KS2 fundamental movement skills: running, kicking, balance, agility. - Develops teamwork, rule-following, and basic tactical awareness learned in primary invasion games (e.g., tag rugby, hockey). - Extends ball control and positional awareness into structured game play. 	<p>Literacy: Students will learn and use key football vocabulary (e.g., dribble, tackle, possession, formation, offside).</p> <p>Oracy: Students will give and receive feedback using correct sporting terminology and communicate effectively as part of a team.</p> <p>Numeracy: Students will consider scoring systems, time management in matches, and basic data such as passing/shooting accuracy and distances covered.</p> <p>Science/PE links: Students will explore the role of fitness components (e.g., cardiovascular endurance, agility, strength, coordination) in football performance.</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - The FA – Official Football Association - BBC Bitesize PE (KS3) 	<p>Careers: football coach, referee, PE teacher, physiotherapist, sports journalist, sports analyst, fitness instructor.</p> <p>Employability skills: leadership, teamwork, resilience, problem-solving, communication, dealing with pressure.</p>
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			<ul style="list-style-type: none"> - Working collaboratively in attacking and defensive situations. 			
Rugby	<p>Pupils will take part in a 4-week block of rugby. Assessment will focus on their ability to apply core skills in drills and small-sided games, including passing, catching, tackling (contact safety & conditioned), and decision-making in game situations. A final grade will be recorded based on practical</p>	<p>To introduce the basic rules, positions, and core skills of rugby, including passing, catching, tackling, rucking, and supporting play. Pupils will develop teamwork, spatial awareness, and the ability to make quick decisions under pressure in game situations.</p>	<p>Knowledge</p> <ul style="list-style-type: none"> - Understand the basic rules of rugby, including scoring, forward passes, offside, and contact laws. - Know the key positions and responsibilities in both attack and defence. - Recognise the importance of maintaining safe contact when tackling. - Understand simple attacking and defensive tactics, including creating and closing space. <p>Skills</p> <ul style="list-style-type: none"> - Passing and catching with accuracy under pressure. - Safe tackling and supporting teammates in contact situations. - Running lines to evade defenders and support teammates. - Team communication, decision-making, and 	<ul style="list-style-type: none"> - Builds on prior KS2 games and PE experience, particularly in hand-eye coordination, passing, and teamwork skills. - Applies general invasion game concepts such as creating space, supporting teammates, and marking opponents. 	<p>Literacy: Students will learn rugby-specific terminology (e.g., ruck, maul, lineout, offside, knock-on, conversion).</p> <p>Oracy: Students will communicate tactical ideas and feedback clearly using correct sporting language.</p> <p>Numeracy: Students will track scoring, calculate points, and consider timing and spatial distances during plays.</p> <p>Science/PE links: Explore the role of strength, speed, agility, and endurance in rugby performance.</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - https://www.englandrugby.com - World Rugby https://www.worldrugby - BBC Bitesize – KS3 PE 	<p>Careers: Rugby coach, PE teacher, sports physiotherapist, referee, strength & conditioning coach, sports analyst.</p> <p>Employability skills: Leadership, teamwork, communication, resilience, decision-making under pressure, problem-solving, tactical thinking.</p>



	performance, application of rules, and tactical awareness.		tactical awareness in small-sided games.			
Basketball	Pupils will take part in a 4-week block of basketball. Pupils will be assessed on their ability to apply core skills in drills, small-sided games, and competitive play. A final grade will be recorded at the end of the unit, based on both practical performance and application of rules.	To introduce and develop the fundamental rules, positions, and core skills of basketball, including dribbling, passing, shooting, lay-ups, and movement into space. Pupils will begin to develop tactical awareness, teamwork, and the ability to apply strategies	Knowledge <ul style="list-style-type: none"> - Understand the basic rules of basketball, including double dribble, travelling, fouls, and scoring systems. - Recognise when to use different passes (chest, bounce, overhead). - Understand correct shooting technique (BEEF – Balance, Elbow, Eyes, Follow-through). - Know how to perform and apply a lay-up. - Understand simple attacking and defensive principles (spacing, man-to-man marking). - Learn about the tactical use of 	<ul style="list-style-type: none"> - Builds on KS2 invasion games knowledge (movement, passing, space awareness, teamwork). - Extends prior ball-handling and coordination skills. - Links to fitness knowledge (strength, agility, coordination, endurance). 	Literacy: Pupils will learn and use key basketball vocabulary (e.g., dribble, pivot, rebound, lay-up, screen, turnover). Oracy: Pupils will communicate effectively in teams, give and receive feedback, and referee using correct terminology. Numeracy: Pupils will apply scoring systems, manage time in games, and track performance (e.g., shooting accuracy, game stats). Science/PE links: Explore the role of cardiovascular endurance, coordination, agility, and power in basketball performance. Recommended websites: <ul style="list-style-type: none"> - England Basketball – Rules & Resources - BBC Bitesize PE (KS3) 	<p>Careers: Basketball coach, referee, PE teacher, physiotherapist, sports journalist, sports analyst, strength & conditioning coach, fitness instructor.</p> <p>Employability Skills: Leadership, teamwork, resilience, problem-solving, communication, decision-making, dealing with pressure, respect, and empathy.</p>



		such as screening and defending effectively in game situations. They will also have opportunities to take on roles such as referee, coach, and leader.	<p>screens and pick & roll.</p> <p>Skills</p> <ul style="list-style-type: none"> - Dribbling using dominant hand, crossover, and ball protection. - Passing and receiving with accuracy under pressure. - Shooting under pressure using correct technique. - Performing lay-ups with correct footwork. - Applying movement patterns to create space. - Teamwork, communication, and tactical decision-making in small-sided and full games. - Refereeing and leadership of peers. 			
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Badminton	Pupils will complete a 4-week block of badminton. Assessment will focus on their ability to demonstrate correct grip, basic racket skills, footwork, and serving, as well as applying these in simple rallies and small games. Understanding of rules and ability to keep score will also be assessed.	Pupils will be introduced to the basic skills of badminton, including racket grip, forehand and backhand shots, and movement around the court. They will learn the rules of serving and scoring, develop rallying skills, and apply tactics in game situations.	<p>Knowledge</p> <ul style="list-style-type: none"> - How to hold the racket correctly (basic grip). - The rules of serving and scoring (simple points system). - Court layout and boundaries for singles play. - Understanding the importance of positioning and movement to return shots. - Recognising the difference between power and control in shot play. <p>Skills</p> <ul style="list-style-type: none"> - Basic racket skills: forehand and backhand shots. - Introduction to two types of serves. - Developing footwork patterns to reach the shuttle effectively. - Returning the shuttle consistently to keep rallies going. 	<ul style="list-style-type: none"> - Builds on KS2 physical literacy (agility, balance, coordination, reaction time). - Draws on experiences of other racket or striking sports (e.g., tennis, rounders, cricket). - Extends understanding of teamwork, turn-taking, and fair play from primary PE. 	<p>Literacy: Students will learn and use key badminton vocabulary (e.g., rally, serve, forehand, backhand, shuttle, court).</p> <p>Oracy: Pupils will give feedback to partners using correct terminology and communicate when scoring and officiating.</p> <p>Numeracy: Pupils will apply scoring systems and use counting skills to record results.</p> <p>Science/PE links: Students will explore components of fitness important for badminton (e.g., agility, reaction time, hand-eye coordination, speed).</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - Badminton England - BBC Bitesize PE (KS3) 	<p>Careers: badminton coach, PE teacher, fitness instructor, sports official, physiotherapist, sports development officer.</p> <p>Employability Skills: teamwork, communication, resilience, problem-solving, decision-making, leadership, dealing with pressure</p>
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			<ul style="list-style-type: none"> - Working in pairs/small groups to keep score and officiate fairly. 			
Handball	<p>Pupils will take part in a 4-week block of handball. Assessment will focus on their ability to apply core skills in drills, small-sided games, and full games. Pupils will also be assessed on their understanding of rules, tactical decision-making, and leadership roles such as coaching or refereeing. A final grade will be recorded at the end of the unit.</p>	<p>To develop basic and intermediate handball skills, including passing, receiving, shooting, dribbling, and movement off the ball. Pupils will learn and apply handball rules, develop attacking and defending tactics, and work cooperatively in groups. Emphasis will be placed on teamwork,</p>	<p>Knowledge</p> <ul style="list-style-type: none"> - Understand the key rules of handball, including steps, dribble, holding time, and shooting restrictions. - Know a variety of passes (chest, bounce, overhead) and when to use them. - Understand attacking and defending principles, including creating space and supporting teammates. - Recognise different shooting techniques (set shot, jump shot) and their advantages. - Learn court positions and roles within team play. <p>Skills</p> <ul style="list-style-type: none"> - Passing and receiving using correct technique (chest, bounce, overhead). 	<ul style="list-style-type: none"> - Builds on KS2 ball-handling skills from invasion games (basketball, netball, football). - Extends knowledge of passing, catching, movement, and basic attacking/defending principles. - Develops understanding of working as part of a team in competitive situations. 	<p>Literacy: Learn key handball terms (dribble, pivot, fast break, jump shot, interception, court positions).</p> <p>Oracy: Communicate effectively with teammates and provide constructive feedback using appropriate terminology.</p> <p>Numeracy: Scorekeeping, measuring distances for passes, tracking time during drills and fast breaks.</p> <p>Science/PE links: Explore fitness components such as speed, agility, power, and endurance in handball performance.</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - England Handball – Rules & Resources - BBC Bitesize PE (KS3) 	<p>Careers: Handball coach, referee, PE teacher, physiotherapist, sports analyst, fitness instructor.</p> <p>Employability Skills: Leadership, teamwork, resilience, problem-solving, communication, decision-making under pressure, organisation, and tactical thinking.</p>



		communicati on, and making effective decisions under pressure.	<ul style="list-style-type: none"> - Dribbling under control and maintaining possession under pressure. - Shooting accurately and under pressure, including jump shots. - Movement off the ball to create space and support play. - Applying tactical decision-making in mini-games and full game situations. - Leading warm-ups, refereeing small-sided games, and coaching peers. 			
Gymnastics	Pupils will take part in a 4-week block of gymnastics. Assessment will focus on their ability to perform rolls, travels, balances, jumps, turns, and routines both	To introduce and develop fundamental gymnastics skills, including rolls, travels, jumps, turns, and spins. Pupils will progress from	Knowledge <ul style="list-style-type: none"> - Understand basic rolls (pencil, teddy bear, egg) and travels (skip, chasse, twirl). - Know different balances (solo, counter-balance, counter-tension) and how to perform them safely. - Understand turns, spins, and jumps, including 	<ul style="list-style-type: none"> - Builds on KS2 physical literacy: balance, coordination, strength, and basic movement patterns. - Links to previous experience in simple rolls, 	Literacy: Pupils learn and use gymnastics-specific vocabulary (e.g., counter-balance, unison, cannon, mirroring, travel, roll, turn, spin). Oracy: Pupils communicate effectively while performing, coaching, and peer-assessing routines. Numeracy: Pupils apply timing and sequencing when creating routines.	Careers: Gymnastics coach, PE teacher, physiotherapist, sports therapist, choreographer, performance analyst, fitness instructor. Employability Skills: Leadership, teamwork, creativity, problem-solving, communication,



	<p>individually and in pairs/groups. Pupils will be assessed on control, technique, creativity, and aesthetic presentation. A final grade will be recorded at the end of the unit.</p>	<p>practicing skills in isolation to creating and performing routines individually and in pairs/groups. Emphasis will be placed on aesthetic presentation, creativity, teamwork, and understanding unison, cannon, and mirroring.</p>	<p>correct body positioning and technique.</p> <ul style="list-style-type: none"> - Learn principles of unison, mirroring, and cannon in routines. - Recognise how to make performances aesthetically pleasing (pointed toes, straight legs, presenting). - Safe use of equipment and correct handling techniques. <p>Skills</p> <ul style="list-style-type: none"> - Perform rolls, travels, balances, turns, spins, and jumps with control. - Apply skills creatively to construct routines individually and in groups. - Work effectively with peers to create paired or group balances. - Communicate, lead, and coach peers using skill/task cards. - Peer-assess performance and provide constructive feedback. 	<p>balances, and floor exercises.</p> <ul style="list-style-type: none"> - Extends knowledge of teamwork, creativity, and aesthetic presentation in movement. 	<p>Science/PE links: Explore fitness components such as agility, balance, coordination, strength, flexibility, and endurance.</p> <p>Recommended websites: British Gymnastics BBC Bitesize PE (KS3)</p>	<p>resilience, decision-making, peer support, and attention to detail.</p>
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			<ul style="list-style-type: none"> - Apply fitness components such as flexibility, agility, balance, coordination, speed, power, and endurance. 			
Health & Fitness	<p>Pupils will take part in a 4-week block of health and fitness activities. Assessment will focus on their ability to perform fitness tests accurately, apply methods of training, and demonstrate understanding of health-related fitness principles. Pupils will also be assessed on orienteering tasks, group</p>	<p>To develop understanding and practical application of health-related components of fitness, including cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Pupils will learn different training methods (circuit, continuous,</p>	<p>Knowledge</p> <ul style="list-style-type: none"> - Understand the health-related components of fitness and the protocols for fitness tests. - Know different training methods and how they impact fitness components. - Recognise how exercise affects the body during physical activity. - Understand the benefits of physical activity on health, wellbeing, and lifelong participation. - Know the basic principles and safety 	<ul style="list-style-type: none"> - Builds on KS2 physical literacy: movement, coordination, and basic fitness. - Links to previous experience in games, PE activities, and simple fitness exercises. - Extends understanding of exercise effects on the body and practical application of fitness training. - 	<p>Literacy: Pupils learn and use key fitness vocabulary (e.g., cardiovascular endurance, muscular endurance, flexibility, body composition, circuit, interval, plyometric).</p> <p>Oracy: Pupils communicate effectively while coaching, leading, or peer-assessing fitness activities.</p> <p>Numeracy: Pupils record scores, calculate averages, measure distances/times, and monitor improvements.</p> <p>Science/PE links: Explore physiological effects of exercise (heart rate, muscular adaptation, flexibility, endurance).</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - PE Hub – Fitness & Health - BBC Bitesize PE (KS3) 	<p>Careers: Personal trainer, fitness instructor, physiotherapist, PE teacher, sports coach, health and wellness coach, sports scientist.</p> <p>Employability Skills: Leadership, teamwork, resilience, problem-solving, communication, organisation, planning, decision-making, and attention to detail.</p>



	work, and leading/coaching peers. A final grade will be recorded at the end of the unit.	interval, fartlek, fitness classes) and apply them to improve fitness. They will explore orienteering to develop decision-making, teamwork, and problem-solving skills, and understand the benefits of physical activity for overall health and wellbeing.	<p>requirements for orienteering.</p> <p>Skills</p> <ul style="list-style-type: none"> - Conduct fitness tests accurately and safely (e.g., Cooper 12-min run, sit-ups, press-ups, handgrip, sit-and-reach). - Apply training methods (circuit, continuous, interval, plyometric) to improve fitness. - Develop teamwork, leadership, and coaching skills through group activities. - Plan, lead, and complete orienteering courses using maps and navigation skills. - Apply knowledge to fitness classes (aerobics, body pump, yoga, Pilates) to improve specific components of fitness. 			
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			<ul style="list-style-type: none"> Analyse performance, reflect on strengths/weaknesses, and set targets for improvement. 			
Striking & Fielding	<p>Pupils will take part in a 4-week block of striking and fielding. Pupils will be assessed on their ability to apply core skills in drills and competitive games, including batting, bowling/throwing, catching, and fielding. A final grade will be recorded based on practical performance, application of</p>	<p>To introduce the basic rules, positions, and core skills of Rounders and Cricket, including batting, bowling/throwing, catching, and fielding. Pupils will begin to develop teamwork, tactical awareness, and the ability to make effective decisions</p>	<p>Knowledge:</p> <ul style="list-style-type: none"> Understand the rules of Rounders and Cricket, including scoring, dismissals, and fielding positions. Recognise when to use different types of throws (overarm/underarm) and batting techniques (drive, pull, off/on shots). Know how to perform fielding techniques such as long barrier. Identify the key tactical principles in batting, bowling, and fielding. <p>Skills:</p> <ul style="list-style-type: none"> Batting skills: stance, grip, shot selection, 	<ul style="list-style-type: none"> Builds on KS2 games and physical activities, particularly throwing, catching, and basic striking/fielding skills. Uses prior knowledge of team games, cooperation, and simple tactical awareness. Applies hand-eye coordination and spatial awareness skills developed in 	<p>Literacy: Students will learn and use key vocabulary (e.g., wicket, stumps, base, off drive, on drive, long barrier, crow hop).</p> <p>Oracy: Pupils will give and receive feedback using correct sporting terminology and communicate as part of a team.</p> <p>Numeracy: Scoring systems, calculating runs, overs, and distances for throwing and batting drills.</p> <p>Science/PE links: Explore the role of fitness components (coordination, strength, power, stamina) in striking and fielding performance.</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> England Cricket – Rules & Resources England Rounders – Coaching & Resources BBC Bitesize PE (KS3) 	<p>Careers: cricket/rounders coach, PE teacher, umpire, sports analyst, physiotherapist, fitness instructor.</p> <p>Employability skills: leadership, teamwork, communication, resilience, problem-solving, decision-making under pressure, tactical awareness.</p>



	rules, and leadership/umpiring skills.	under pressure in small-sided and full game situations.	aiming for target zones. <ul style="list-style-type: none"> - Bowling/Throwing skills: underarm, overarm, accuracy, and power. - Fielding skills: catching, stopping the ball, long barrier, crow hop. - Teamwork and communication in game situations. - Tactical decision-making during modified games and small-sided competitions. - Leadership: umpiring, scorekeeping, and leading small groups. 	other PE units.		
Athletics	Pupils will take part in a block of athletics covering running, jumping, and	To introduce the basic techniques, rules, and principles for athletics events	Knowledge <ul style="list-style-type: none"> - Understand basic techniques for sprinting (stride length, arm and leg action, head position, pacing) and 	<ul style="list-style-type: none"> - Builds on KS2 running, jumping, and throwing experiences. - Applies prior knowledge of 	Literacy: Learn and use key athletics vocabulary (e.g., stride length, pacing, take-off, follow-through, hang time). Oracy: Provide peer feedback, discuss technique, and explain	Careers: athletics coach, PE teacher, physiotherapist, sports scientist, fitness instructor, sports analyst, professional athlete.



	<p>throwing events. Assessment will focus on practical performance, replication of technique, and application of rules. Pupils will be evaluated on improvement, accuracy of technique, and ability to reflect on their own and peers' performances. A final grade will consider skill execution, consistency, and understanding of fitness principles.</p>	<p>including sprinting, middle-distance running, long jump, shot put, javelin, and hurdles. Pupils will develop personal bests, understand the components of fitness required for different events, and learn how to improve performance through technique and practice.</p>	<p>middle-distance running (pacemaking).</p> <ul style="list-style-type: none"> - Know long jump principles: approach run, take-off, hang time, and landing. - Know throwing techniques: shot put (stance, grip, release, 45° angle) and javelin (stance, arm action, straight line release). - Understand hurdling technique: lead leg, trail leg, stride pattern, maintaining speed. - Recognise the components of fitness important for each event (speed, power, strength, endurance, coordination). - Understand rules and safety procedures for each event. <p>Skills</p> <ul style="list-style-type: none"> - Running: sprinting, paced running, proper start technique, and stride frequency. 	<p>balance, coordination, and basic fitness principles.</p> <ul style="list-style-type: none"> - Develops awareness of pacing and teamwork from previous team and individual activities. 	<p>improvements using appropriate terminology.</p> <p>Numeracy: Measure distances and times, calculate averages, personal best improvements, and analyse performance data.</p> <p>Science/PE links: Explore how different muscles, energy systems, and fitness components contribute to athletic performance.</p> <p>Recommended websites:</p> <ul style="list-style-type: none"> - England Athletics – Coaching & Resources - BBC Bitesize PE (KS3) 	<p>Employability skills: goal-setting, self-evaluation, resilience, teamwork, communication, decision-making under pressure, time management, and personal responsibility for health and fitness.</p>
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