



Learning Aims and Curriculum Intent:

Pupils in Year 7 are introduced to PE as both a practical and an academically viable subject. This is delivered through an innovative 'Physical Literacy' lens. As our Games programme is so extensive, PE in Year 7 is an opportunity to explore more niche sports and activities than the social norm. Pupils first explore their movement competency through skills such as squat, lunge, hinge and brace in fundamental game environments. They are also introduced to invasion games such as ultimate frisbee and tchoukball. They gain a foundational understanding of the role of the human body in physical activity which has excellent cross curricular links. They will have a six-week swim block as a vital life skill before embarking on one of our most popular activities, parkour. Due to the nature of PE facilities, each Year 7 class may start on a different topic but by the end of the year each class will have covered: Fundamentals, Parkour, Swimming, Invasion Games, Athletic Development and Learn to Run. Below is a breakdown of each topic.

Topic	Content, Key Questions and Knowledge	Skills	Assessment
Fundamentals	<p>What is physical literacy and how can I improve my movement competency?</p> <ul style="list-style-type: none"> An exploration through play of the Physical Literacy Model Team skills such as leadership, resilience, and responsibility The RAMP warm up protocol Fundamental movement carousel A testing window with access to data analysis Design and deliver small group practices Relation of fundamentals to the human body 	<p>Collaboration and cooperation</p> <p>Evaluating data sets and normative data</p> <p>Understanding the importance of a warmup in sport and physical activity</p> <p>How to assign specialised skills into game play</p> <p>Awareness of functional foundational movements</p>	<p>Retrieval questions to build knowledge acquisition and understanding.</p> <p>Peer and self-assessment of the core fundamental movements</p> <p>Collaborative oracy: group task regarding delivering a warmup for a case study athlete (practically)</p>
Invasion Games	<p>What are attack vs defensive principles? How can I use these effectively and transfer them to sporting situations?</p> <p>Invisaball / Tchoukball/ Ultimate Frisbee</p> <ul style="list-style-type: none"> Understanding the importance of spatial awareness Teamwork, collaboration, and tactical discussions How to shift between attack and defence Games for understanding Developing hand-eye coordination and aerobic capacity 	<p>Teamwork and how to adapt to conditioned games.</p> <p>Deeper understanding of foundational and fundamental movements and assessing which have positive transfer to each game.</p> <p>Basic sporting functional anatomy</p> <p>Sportsmanship</p>	<p>Retrieval questions to build on prior knowledge.</p> <p>Team talks, discussions of tactics.</p> <p>How they react to change in environment or conditions</p> <p>The ability to play, win and lose fairly</p>
Learn to Run	<p>What makes people fast? Why are some people faster than others?</p> <ul style="list-style-type: none"> Linear vs curved running techniques Foot placement, cadence and it's role in sport Speed testing using speed gates How to adapt to undulating ground in the Forest 	<p>Handling data</p> <p>Self-awareness of running technique and style</p> <p>Veo camera to allow running analysis</p>	<p>Retrieval quizzes to build knowledge acquisition and understanding.</p> <p>Case studies and comparison of athletes from short and long distances and different sporting environments</p>
Parkour	<p>How can I be safe in a Parkour environment? What Parkour skills contribute to an outstanding sequence?</p> <ul style="list-style-type: none"> 'Breaking Fall' – safely, effectively Precision jumps and CAT jumps Traversing and wall runs Safety vault, speed vault, and Kong vaults 	<p>Developing small group sequences</p> <p>Exploration of movement in a unique environment</p> <p>Physical confidence and competency</p>	<p>Peer assessment opportunities</p> <p>Q&A and video analysis</p>

Athletic Development	<p>What are the components of fitness and how do they relate to my physical and mental development?</p> <ul style="list-style-type: none"> • Types of training identification, FITT and SPOR principles • Activities designed to explore each component and method • Group and team plyometric challenges 	<p>Health, fitness and wellbeing links</p> <p>Cross curricular opportunities with science</p>	<p>Q&A</p> <p>Self and peer assessment</p> <p>Group led starter and plenaries</p>
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Examples of Homework	Research task: Work in small groups creating a case study for an Olympic athlete the teacher will assign you. Research some video footage of them playing their sport. How many key fundamental movement skills can you identify? Present your findings through a physical challenge at the start of next lesson.	
Key terminology	Physical Literacy, Fundamental Movements, Hinge, Lunge, Squat, Push, Pull, Attack, Defence, Switchback, Transition, Isometric, Concentric, Eccentric, Muscular Contraction, Aerobic, Anaerobic, Oxygen Debt.	
Super-curricular enrichment and scholarly extension	<ul style="list-style-type: none"> • Go Explore: Local sports clubs in the area (PE department to supply) • Watch: Fever Pitch, The rise of the Premier League, Invictus, CR7, The Last Dance, All or nothing, • Visit: Olympic Stadium, Stratford Regeneration 	
Useful websites	https://www.bing.com/search?pglt=41&q=parkour+generations+london&cvid=3dd0d27855f6430b8f444a695a725699&aqs=edge.0.0j69i57j0l7j69i11004.2752j0j1&FORM=ANNAB1&PC=U531 https://www.bing.com/search?q=bbc+bitesize+pe&cvid=c7710d7d81254d4db5720f9d4c912bf4&aqs=edge..69i57j0l8j69i11004.4118j0j4&FORM=ANAB01&PC=U531 Physical literacy - Sport for Life	
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