

Year 7 Boys 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.

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Topic	Rationale	Knowledge acquisition	Key vocabulary	Skills and enrichment
Rugby	To introduce the basic skills of touch rugby to outwit opponents.	Ball familiarisation	Ball in two hands, pop pass	Students are learning hand-eye coordination skills and invasion game tactics that can be transferred across a number of different sports. Develop strong discipline and ensure sport is of controlled with the rules being obeyed. Individuals should be honest and fair.
		Intro passing & receiving/ 2v1	Passing, target hands, long swing arms, draw defender, backwards pass	
		3v1, 3v2, 3v3	Passing, target hands, long swing arms, draw defender, backwards pass, tactics	
		Passing/Use of width	Depth, width, support play	
		Attacking/outwitting an opponent	Tactics, identify weakness, side step, space, overlap	
		Competitive games – touch rugby	Rules, attacking and defensive lines, two hand touch	
Short Tennis	To introduce the basic skills of short tennis which also underpin tennis.	Ball familiarisation	Hand-eye coordination, control, accuracy, feed, return.	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Forehand	Grip, stance, swing, follow through, letter C, lift the ball off the water	
		Outwitting opponents	Movement around the court, return to mid court	
		Backhand	Grip, stance, swing, follow through, letter C, lift the ball off the water	
		King of the court	Tactics, rules, scoring system	
		Outwitting opponents in competitive games	Scoring system, tactics, movement around court, technique	
Football	To introduce the basic skills of football to try and outwit an opponent.	Movement with the ball – Dribbling Receiving & Turning	Outside, inside, laces, close, control, head up	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	Control, close, side foot, space	
		Passing variations	Long, short, chip, drive, side, accuracy	
		Shooting	Laces, side, volley, header, accuracy, control, power	
		Attacking/outwitting an opponent	Movement, possession, space, control, communication, tactics, rules	
		Attacking/outwitting an opponent	Movement, possession, space, control, communication, tactics, rules	
Gymnastics- basic skills and balances	To improve awareness of the position and movement the	Basic gymnastic skills introduction	Front support, back support, forward roll, backward roll, body tension, feedback, movement, balance	Students are learning to develop their kinaesthesia. This will help them in all sports when understanding how their body moves and responds. They will
		Basic gymnastic skills development	Handstand, headstand, cartwheel, movement, balance, feedback	
		Balance – Individual/Partner work	Body tension, balance, time, feedback	

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	body, improve balance and control	Balance – Partner linked balances	Body tension, balance, time, movement, cannon, unison, aesthetic awareness, feedback	also focus on developing the speaking and listening strand of the school literacy policy through student feedback on how to improve performance. Development of leadership as students will coach one another using teaching cards.
		Performance – Group work	Timing, communication, feedback, control	
		Final routine performance	Timing, communication, feedback, control	
Orienteering	To teach outdoor & adventurous activities, the life skill of map reading and enable students to be active and work on their fitness alongside communication and teamwork.	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 enjoy the outdoors and to adopt a healthy lifestyle. In addition, develops teamwork, communication, independent thinking.
		Cone orienteering	Orientate the map, North, North East, East, South East, South, South West, West, North West.	
		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.	
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 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.
		Dribbling and pivoting	Alternate hands, fingers, control, traveling, double dribble, pivot foot, change position	
		Passing and movement off the ball	Target, space, change of direction, communication, marking, weight of pass	
		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	

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Hockey	To introduce the basic skills of hockey to outwit opponents.	Grip, dribbling and handling	Stick low, Left hand top, right hand bottom, open side, reverse side, hand eye coordination, bend knees	Students are learning hand-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 receiving	Push pass, slap, stick down, low to ground, right hand down, reverse side, open side	
		Outwitting opponents, use of space, 2v1	Space, timing of pass, pass into space, movement off the ball, draw defender	
		Shooting	Power, timing, accuracy, grip, hand position, hit, slap, push	
		Defending, block tackle	Stick low, stick at arm's length, body position, strength	
		Attack, outwitting an opponent, 2v1, 3v2, 4v3	Space, timing of pass, pass into space, movement off the ball, possession, tactics	
Health Related Fitness	To teach students about the benefits of training and introduce how to measure and improve their cardiovascular fitness through the monitoring of heart rate.	Fitness suite induction – safety focus	Safety clips, treadmill instructions, light weights, high reps, straight back, strength endurance	Students are learning how exercise affects resting, working and recovery heart rates to help them manage their own fitness. 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	High intensity, cardiovascular fitness, muscular endurance.	
		Fitness challenges RHR	Beats per minute, heart rate, 30 sec, pulse, blood, oxygen, safety, muscle groups	
		Fitness challenges WHR	Beats per minute, heart rate, 30 sec, pulse, blood, oxygen, safety, muscle groups, training zones	
		Fitness challenges RHR	Beats per minute, heart rate, 30 sec, pulse, blood, oxygen, safety, muscle groups	
Re-test 10 minute cv test	High intensity, cardiovascular fitness, muscular endurance, increase fitness level.			
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	

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		2-4-6 game	Decision making, wicket keepers, grounding the bat, fielder, bowler.	
Athletics	Develop knowledge of running, jumping and throwing 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 dependent: <ul style="list-style-type: none"> • Sprinting • Long distance • Throwing • Jumping • Relay 	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	To re-visit the basic skills of short tennis and further develop them through tennis in order to outwit an opponent.	Racket & ball familiarisation	Hand-eye coordination, control, accuracy, feed, return.	Students are learning hand-eye coordination skills and net/wall tactics that can be transferred across a number of different sports. Develop respect, observing fair play on the court, shaking hands irrespective of the outcome and recognise individuals endeavour.
		Forehand	Grip, stance, swing, follow through, letter C, lift the ball off the water	
		Outwitting opponents	Movement around the court, return to mid court	
		Backhand	Grip, stance, swing, follow through, letter C, lift the ball off the water	
		Basic serves	Underarm, bounce, overarm, service box	
		Outwitting opponent in competitive games	Scoring system, tactics, movement around court, technique	
Striking and fielding - bucketball rounders	To introduce the basic skills of bucketball rounders in order to outwit opponents.	Fielding skills and basic rules	Accuracy, hand-eye coordination, overarm, underarm, rules, batting square, bowler, fielders, long barrier, soft hands, give, accuracy, hand-eye coordination	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.
		Tactics when hitting	Use of space, location of fielders, foot position, hand-eye coordination	
		Game play development	Use of space, location of fielders, foot position, hand-eye coordination	
		Tactics in game play	Use of space, location of fielders, foot position, hand-eye coordination, fielding	

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		Tournament	Use of space, location of fielders, foot position, hand-eye coordination, fielding, scoring, rules	
		Tournament	Use of space, location of fielders, foot position, hand-eye coordination, fielding, scoring, rules	