

Year 7 Curriculum Intent – Long Term Plan

| Timing | Advent 1 | Advent 2, Lent 1, Lent 2 | Pentecost 1 | Pentecost 2 |
|------------------|---|---|--|--|
| Topic Focus | Invasion games | Athletics activities, gymnastics, dance, fitness, net games, Invasion games | Athletics | Striking & fielding Net games |
| Key Knowledge | Basic skills in netball, football and rugby <ul style="list-style-type: none"> • Passing & receiving • Attacking and defending • Knowledge of rules & tactics • Movement on & off the ball • Understanding of the game | Cross country, sports hall athletics <ul style="list-style-type: none"> • Pace setting • Running terrain • Measurement of ability in a range of running, jumping & throwing activities Gym & dance <ul style="list-style-type: none"> • Developing technique & performance in range of skills & styles • Development of routines Fitness <ul style="list-style-type: none"> • Understanding of components of fitness • Understanding of changes that occur to the body Badminton <ul style="list-style-type: none"> • Learn a range of skills to outwit an opponent Basketball & hockey <ul style="list-style-type: none"> • Passing & receiving • Attacking and defending • Knowledge of rules & tactics • Movement on & off the ball • Understanding of the game | Athletics skills in a range of <ul style="list-style-type: none"> • Running events • Throwing events • Jumping events • Knowledge of rules • Learn the role of the official | Rounders / cricket <ul style="list-style-type: none"> • Throwing skills • Striking skills • Fielding skills • Knowledge of rules & tactics • Understanding of the game Tennis <ul style="list-style-type: none"> • Learn a range of skills to outwit an opponent |
| Cultural Capital | <ul style="list-style-type: none"> • Teamwork • Health & well-being • Learning & taking on other roles • Respect – others Rules Officials | <ul style="list-style-type: none"> • Develop confidence & interest to get involved in sport & exercise • Teamwork • Health & well-being • Respect • Resilience | <ul style="list-style-type: none"> • Health & well-being • Learning & taking on other roles • Respect – others Rules Officials | <ul style="list-style-type: none"> • Develop confidence & interest to get involved in sport & exercise • Teamwork • Health & well-being • Respect • Resilience |

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| Local Context | Signposting to local club links Link to ESSA competition structure Creating opportunities for lifelong participation | Signposting to local club links Link to ESSA competition structure Creating opportunities for lifelong participation | Signposting to local club links Link to ESSA competition structure Creating opportunities for lifelong participation | Signposting to local club links Link to ESSA competition structure Creating opportunities for lifelong participation |
| Interrelated domains – Links with other subjects | Learning for life | Learning for Life Science Geography | Maths | Maths |