

Fairfield High School Curriculum Overview – Year 7

Subject	PE	Why do we study these units in year 7
lessons per fortnight	4 Hours	Year 7 in PE begins with a range of opportunities. We start with positioning, passing and use of space because it allows student an appreciation of the core transferable skills in PE. This understanding is developed into tactical understanding and more nuanced analytical/observational skills in year 8 and beyond.
Setting	Tutor groups for single lessons, split by gender for double lessons	

Students are encouraged to be Responsible Global Citizens through activities/content on... Good Health and Well-being (UN Sustainable Development Goal 3) and to develop strong leadership skills which will equip them to contribute to economic growth (goal 8).

We ensure all students experience high challenge in the subject by including... High challenge by outcome and consistent use of peer teaching for all. Students develop analytical skills which allow them to coach other students, even those performing at elite level – regardless of their own performance level in the subject.

Literacy work this year includes... learning key terms for Physiology, fitness, and the body. We display this language and use these in formal sentences during class discussion and feedback. We encourage flipped learning through reading about key topical issues in sport physiology.

Innovation and Creativity opportunities this year include... Students are encouraged to think of innovative ways of supporting each other (e.g through adapting approaches to mindset) and aesthetic appreciation is taught as part of good form.

Employability opportunities/skills covered this year are...Leadership – students become coaches from term 1, as well as learning to collaborate. They also experience a session run by a professional sports organisation and will receive opportunities to watch professional and international sport.

Term	Unit title	Knowledge and understanding/content	Skills	Assessment
Term 1 – Double Lessons	Girls- Netball/Basketball Boys –Rugby	Positioning, Passing, Use of Space, Rules	Leadership – peer teaching including teaching the whole class various activities	Teacher assessment on leadership, knowledge of key language and skills & performance
Term 1 – Single Lessons	Carousel of Netball, Outdoor and Adventurous activities, Hockey/Football, Gymnastics/Badminton	Team building and problem solving, cooperation. Floor movements, Balances, movement skills.		
Term 2 – Double Lessons	Girls –Netball/Badminton Boys- Rugby	Positioning, Passing, Use of Space, Rules, Techniques and Safety	Fitness – an understanding of the benefits of healthy living built upon over time	Teacher assessment on fitness, knowledge & performance
Term 2 – Single Lessons	Carousel of Netball, Outdoor and Adventurous activities, Hockey/Football, Gymnastics/Badminton	Team building and problem solving, cooperation. Floor movements, Balances, movement skills.		
Term 3 – Double Lessons	Girls- Football Boys – Football	Body awareness and aesthetic appreciation Positioning, Passing, Use of Space, Rules	Character – resilience, self-esteem, confidence	Teacher assessment on Character, knowledge & performance

Term 3 – Single Lessons	Carousel of Netball, Outdoor and Adventurous activities, Hockey/Football, Gymnastics/Badminton	Team building and problem solving, cooperation. Floor movements, Balances, movement skills.		
Term 4 – Double Lessons	Girls - Rugby/Fitness Boys - Football/Basketball	Body awareness and aesthetic appreciation Positioning, Passing, Use of Space, Rules Techniques and Safety	Mindset – building on the resilience work from last term	Teacher assessment on mindset, knowledge & performance
Term 4 – Single Lessons	Carousel of Netball, Outdoor and Adventurous activities, Hockey/Football, Gymnastics/Badminton	Team building and problem solving, cooperation. Floor movements, Balances, movement skills.		
Term 5 – Double Lessons	Girls - Rounders Boys- Cricket	Throwing and Catching, Positioning, Rules	Decision making – making decisions under pressure	Teacher assessment on decision making, knowledge & performance
Term 5 – Single Lessons	Girls – Striking Activities Boys – Striking Activities	Throwing and Catching, Positioning, Rules		
Term 6 – Double Lessons	Girls - Rounders/Athletics Boys – Cricket/Athletics	Techniques, Safety and Rules	Coaching – supporting and leading others at all levels	Teacher assessment on coaching, knowledge & performance
Term 6 – Single Lessons	Girls – Athletics Boys - Athletics	Techniques, Safety and Rules		