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| **Year 7 Units:**Basketball; Rugby; Gymnastics; Cross Country; Football; Netball; Hockey; Athletics; Tchoukball; Rounders; Cricket; Lacrosse; Handball; HRE |
| *By the end of the year working at students should be able to:* |
| **Sports Performance** | **Sports Analysis** | **Leading a healthy and active lifestyle** |
| * Perform and replicate skills accurately and consistently within given sports and apply these in gameplay.
* Show confidence in leading small groups for deliberate practice
* Show understanding of defending and attacking principles in invasion games and apply tactics to this
* Begin to develop specific gymnastic skills based around two disciplines: floor and vault
* Show an understanding of rules and how they govern gameplay; begin to officiate in sports I am comfortable competing in
* Effectively communicate with others
* I use the ‘five key skills’ consistently across a range of sports in deliberate practice with some teacher input(throwing, communication, co-ordination, strong position, catching)
 | * Observe others performance and recognise strengths and weaknesses using sport specific terminology
* Compare others performances to my own and suggest improvements using sport specific terminology
* Use the performances of professionals to improve my performance and discuss these in sports I am interested in
* Show an understanding of the wider context of the sport and be aware of major events taking place around the time.
 | * I know several activities for stretching and link these to sports specific warm ups
* I know several activities for raising my pulse and link these to sports specific warm ups
* I am aware of at least one sport that could I could become a ‘life-long participant’ of
* I show an awareness of long term health effects on sport (Lower resting HR etc.)

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| **Cross-Curricular Knowledge** | ***Greater Depth*** |
| * Converting units of measure: cm – m/m – km and back again
* Names of muscles and bones.
* Percentages
* Cardio-vascular system
 | * *Perform and replicate skills fluently in games, particularly when under pressure from opponents*
* *I can consistently outwit opponents across a range of sports both individual and team*
* *I utilise team mates to outwit opponents*
* *Individually, I demonstrate a wide range of tactics and skills to outwit opponents*
* *observe performances of others and myself and set appropriate targets for subsequent lessons*
* *take responsibility for using a personal warm up tailored to my needs*
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| ‘**Being a sportsperson’** |
| * Support other participants
* Attend extra-curricular clubs
* Represent the school in at least one sport against another school
* Understand sports context in the wider world
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