



Rainford High School – Department: Physical Education

	Year 7 Curriculum					
	Half-Term 1	Half-Term 2	Half-Term 3	Half-Term 4	Half-Term 5	Half-Term 6
Topic	Introduction to KS3 PE	Carousel of Winter activities	Carousel of Winter activities	Carousel of Winter activities	Carousel of Summer activities	Carousel of Summer activities
Essential knowledge, skills and understanding	All pupils will take part in an introduction to KS3 PE which will cover a range of indoor and outdoor sports and activities.	During this time each pupil will follow a carousel of indoor and outdoor activities. Basketball – Rugby – Aesthetics (dance / gym) - Netball They will also take part in an outdoor education / problem solving block in the month of December.			During this time each pupil will follow a carousel of athletic and summer games activities. Athletics – Run – Throw - Jump Summer games – Rounders – Cricket – Tennis	
		Lessons will have 3 focus areas allowing us to teach pupils through the sport or physical activity. Know – For pupils to understand the essential skills, techniques and tactics required in the sporting activity they are doing. Show – For pupils to be able to demonstrate the essential skills, techniques and tactics for the sporting activity. Grow – For pupils to develop a life skill through the sporting activity – each lesson will have a different focus area that can be used both in and out of sport. These life skills encompass our school ethos and during this year will focus on motivation, competence, confidence and health & wellbeing.				
Assessments and assessment focus	The introduction to KS3 PE includes a baselining process which allows us to put all pupils on the correct pathway for them.	Pupils will be assessed against the Physical Education progress ladders. Pupils will be assessed formally within our whole-school assessment windows. In addition, formative assessments will be on going throughout the year based on four key areas of assessment. Performance, Health and fitness, coaching, Character in Competition.				