

Church Hill Middle School

PE Curriculum Map – Year 7

Rounders

Accurately replicate a basic throwing & catching technique.
Use both underarm & over arm throws depending on game situations.
Accurately replicate the batting technique.
Accurately replicate the bowling technique.

Athletics

Perform the basic technique for an effective sprint race.
Accurately replicate the technique for an effective long jump/triple jump.
Accurately replicate the technique for a variety of throwing events.

Ultimate Frisbee

Successfully execute a backhand throw.
Be aware of the three types of catching: the 'pancake catch', the 'two handed rim catch' and the 'single handed rim catch'.
Successfully execute a forearm throw.

Cricket

Accurately replicate a basic throwing and receiving technique.
Use both underarm and over arm throws.
Accurately replicate the basic batting grip and drive technique.

Tennis

Demonstrate & use the correct grip and understand the ready position.
Accurately replicate the basic technique for a forehand and backhand.
Perform and replicate a legal tennis serve.

Badminton

Demonstrate & use the correct grip.
Understand the different lines and areas on the court.
Perform and replicate underarm and overarm clear with control and coordination.

SUMMER TERM

Health & Fitness

Locate and record heart rate.
Explain why our body responds to exercise.
Describe the physical changes to our body as it adapts to regular exercise.

Rowing

Demonstrate the correct posture for rowing.
Understand and apply the correct technique for rowing.

Basketball

Develop dribbling skills, understanding correct technique.
Understand and use correct shooting technique.
Learn correct techniques for different types of passing

Tchoukball

Recap of basic skills including shooting, catching, footwork and developing formations in a game.
Advanced shooting.
Advanced defending.

Football

Demonstrate passing technique in a space with control and accuracy
Perform the basic dribbling movements with control.
Demonstrate a controlled shooting motion on a goal.

Netball

Send and receive the ball in a closed situation.
Develop understanding of netball rules and positions and associated court areas.
Accurately replicate the technique for a correct shooting action.

Tag-Rugby

Demonstrate fundamental rugby handling skills.
Apply a range of strategic and tactical plays to beat & outwit an opponent.
Demonstrate the ability to replicate core game skills

SPRING TERM

Circuit Training

Use the correct techniques in a range of exercises aimed to strengthen the core muscles.
Use the correct techniques in a range of exercise aimed to strengthen the muscles in the arms and legs.

Your Physical Education Journey starts here...

AUTUMN TERM

Table Tennis

Perform and replicate a legal table tennis serve with control and accuracy.
Accurately replicate a forehand topspin shot.
Understand the double tactics and movement patterns based on opponents positioning.

Cross-Country

Run the cross-country distance appropriate to their year group and record a time, and to undertake a leadership role.

Hockey

Demonstrate correct timing passing the ball over various distances.
Run at and beat an opponent, with close control of the ball and with good success.
Shoot accurately whilst stationary and on the move.