

BLESSED TRINITY LEARNING PROGRAMME

SUBJECT: PE

YEAR: 7

Title	Learning Objectives	Classroom Activity	Recommended Homework	Marking & Assessment
Baseline Assessments	All pupils will be expected to perform to the best of their ability in a range of fitness tests in order to find a suitable baseline level on which the pupils can build during key stage 3.	BOYS- Queens Park Run, 50M Sprint, Hand-Eye Coordination, Press up, Sit Up, Standing Long Jump. Girls – Queen’s Park Run, 50M sprint, Hand-eye co-ordination, Standing Long Jump, Illinois Agility Test.	Levels: each level is sub levelled into three.(e.g. 4.2 = low 4, 4.5 = middle 4, 4.8 = high 4) Pupils will be awarded a level for each of the six assessments and then an average of the six levels will be calculated and set as a baseline level. Pupils will be expected to progress at least two sub-levels per academic year.	
Cross Country	All pupils will be expected to run at their own pace and to attempt to beat their personal best time each lesson.	Running the 1 mile school cross-country course and recording a time.	All pupils will be assessed on their times and finishing positions.	
Rugby	All pupils will be expected to perform basic Passing, tackling and receiving skills and learn basic rules and tactics for small sided rugby games. (contact & non-contact)	Practicing basic passing, tackling and receiving over short distances and perform these skills in small sided rugby games.(contact & non-contact)	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation.	
Football	All pupils will be expected to perform basic passing and dribbling skills, implementing these into small sided games. Pupils will also be expected to gain a knowledge & understanding of the rules of football.	Practicing passing and dribbling skills in both competitive and non competitive situations	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation.	
Hockey	All pupils will be expected to perform basic dribbling, sending, receiving and shooting skills and learn basic rules and tactics for small sided games	Practicing basic dribbling, passing, receiving and shooting over short distances and perform these skills in small sided games	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation.	
Gymnastics	All pupils will be expected to perform a range of basic gymnastic actions, showing some control and put together a short sequence for display	Practicing rolls, travel & balances. Pupils select, combine and perform skills, actions and balances and apply a range of moves and include these in a small routine.	Performance of skills Self evaluation Peer assessment Teacher assessment of final sequence	

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Badminton	All pupils will be expected to perform basic serves and strokes and learn basic rules and tactics for singles.	Practicing basic forehand serve, overhead clear and drop-shot and performing these in a rally situation	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation.	
Netball	All pupils will learn how to carry out the different passes & correct footwork in netball and have an understanding of the basic rules	Practicing the different passes in pairs & groups and perform these in small sided games	All pupils will be assessed & awarded a level for their ability to perform the correct passes & footwork within a small game situation	
Cricket	All pupils will learn the basic fielding, batting & bowling techniques. Gain an understanding of the basic rules of cricket	Practicing fielding, batting & bowling techniques in pairs and groups and perform these in small games such as pairs & Kwik cricket	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation.	
Athletics	All pupils will learn a variety of track & field activities. Learning the correct techniques and the health & safety requirements of these events	Participate in events such as- Field= javelin, shot put, discus, high jump, long jump, triple jump. Track=100m,200m,400m,800m, 1500m,Hurdles, relays.	All pupils will be assessed and awarded a level for their ability based on their performance in these events.	
Outdoor and Adventurous Activities (OAA)	All pupils will learn basic map reading & orienteering skills. Developing their teamwork, communication and leadership skills	Participate in various orienteering & problem solving activities both on & off site	All pupils will be assessed and awarded a level based upon the skills they demonstrate	
Biking	All pupils will learn road & bike safety. Pupils will also learn how to be proficient on a bike.	Participate in a number of bike riding activities both on & off site. Demonstrate safe and correct use of bikes and equipment	All pupils will be assessed and awarded a level based upon the skills they demonstrate	
Rounders	All pupils will learn the basic techniques of fielding and batting and develop basic rules to successfully play in a game.	Practice both close and distance throwing and catching i.e. underarm/over arm. Develop basic batting technique.	All pupils will be assessed and awarded a level based upon the skills they demonstrate in game.	
HRF	All pupils will understand the importance of warm up and warm down and the effects of exercise on the body.	Pupils will participate in fitness circuits, basic aerobics and an induction into the fitness suite.	All pupils will be assessed and awarded a level based upon the skills they demonstrate	