Co-op Academy North Manchester - Year 7 PE Curriculum

Y7	HT1	HT2	HT3	HT4	HT5	HT6
Topic(s)	Football/Netball Tennis /Softball	Rugby/Basketball	Orienteering/Fitness	Gymnastics/Table Tennis	Cricket/badminton	Athletics/rounders
Substantive Knowledge (Know That)	 Basic physical literacy and sports specific skills Rules of the game/activity Striking and fielding 	 Basic physical literacy and sports specific skills Rules of the game/activity 	Basic physical literacy and sports specific skills Benefits of leading an active lifestyle How to exercise safely Hand-eye coordination Team building and Navigation skills Linking actions to create a routine	Basic physical literacy and sports specific skills Rules of the game/activity Hand-eye coordination Sequencing routines Fluency and control	 Basic physical literacy and sports specific skills Rules of the game/activity Hand-eye coordination Striking and fielding 	 Basic physical literacy and sports specific skills Rules of the game/activity Technique Striking and fielding
Disciplinary Knowledge (Know How)	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Application of the rules	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Application of the rules	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Application of rules	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Creating and performing routines Application of rules	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Application of rules	Skill development Select and apply the necessary skills to outwit an opponent Performing the basic skills in isolation and modified games Application of rules Demonstrating the use of technique when running, jumping and throwing.
Assessment	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.	Will link to the skills learned throughout the unit. Performing them within isolation or within a modified game.
Homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework
Wider reading	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies

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How to help at home	Join an extra curricular club or external sports specific club that will coach and develop your child in their chosen sport. Encourage your child to watch various sporting events. Practice physical literacy skills (Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity).
	Go swimming or cycling with your child