PHYSICAL EDUCATION Year 7 Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	STEM – basic numeracy skills, basic movement science of the body Learning Habits: Organisation, Planning	Milton Keynes – opportunities available, role models Learning Habits: Communication, Learning from mistakes	Milton Keynes – local challenges Character – leadership, kindness Learning Habits: Listening, Thinking	Character – Resilience, Confidence, commitment STEM-scoring Learning Habits: Resilience	STEM – basic numeracy skills, hand-eye co-ordination Character – resilience Learning Habits: Perseverance, Questioning	Character – resilience, tolerance, working as a team, leadership MK – links to clubs Learning Habits: Analysing, Evaluating
Unit	**Physical Literacy**	**Invasion Games**	**Problem Solving**	**Individual Challenges**	**Maximum Performance**	**Team Games**
Learning End Points	By the end of this unit students will know and understand: ➢ Components of a warm-up. ➢ Reasons for doing a warmup. ➢ Technique for running – arms in, high knees, head straight. ➢ Increase the size of a jump – use arms.	By the end of this unit students will know and understand: ➢ The importance of communication in team games. ➢ How to attack in a team game. ➢ How to defend in a team game. ➢ Some rules of rugby/ netball/ basketball/ football.	By the end of this unit students will know and understand: ➢ Importance of a cool down. ➢ Some rules of badminton. ➢ OAA – outdoor adventurous activities, orienteering, map reading.	By the end of this unit students will know and understand: ➢ The importance of a healthy, active lifestyle. ➢ Some rules of cricket. ➢ Technique – how to hold a bat correctly, how to change body position depending on	By the end of this unit students will know and understand: ➢ Technique of throwing athletics equipment – discus, javelin, shot. ➢ Safety aspects of athletics.	By the end of this unit students will know and understand: ➢ How to run and pass a ball effectively. ➢ How to shoot a ball. ➢ How to hold a tennis racket correctly. ➢ Some rules of tennis and rounders.

				the type of hit.		
Key Vocabulary	Co-ordination Balance Agility Mobility Flexibility Power Strength Stamina Reaction Time	Pass Tackle Defending Attacking Marking Goalkeeping Foul Offside Penalty	Serve Tram lines Net Shuttlecock Map reading Leader Orienteering	Distance (metres) Time (minutes/secs) Weights Components of fitness Cardiovascular endurance Speed	Distance (metres) Time (minutes/secs) Weight Projection Angle Javelin Shot Put Discus	Captain Coach Attacking Hit Defensive Hit Keeper Swing Hand-Eye Co-Ordination