

**Year 7**

Autumn Term		Spring Term		Summer Term	
<p><b>Key knowledge:</b> <b>Motor Competence</b> How to develop competence to participate effectively in a broad range of physical activities</p> <p><b>Healthy Active Living</b> Exercise recommendations Elements of fitness Importance of sleep</p> <p><b>Benefits of Active Lifestyles</b> Health Definition Physical, Emotional &amp; Social Benefits</p>		<p><b>Key knowledge:</b> <b>Motor Competence</b> How to develop competence to participate effectively in a broad range of physical activities</p> <p><b>Prepare for Activity</b> Stages of a warm up Physiological benefits of a warm up Pulse raiser, mobility, dynamic stretching and skill rehearsal phase Increase in muscle temperature, heart rate, flexibility of muscles and joints, pliability of ligaments and increase in blood flow and oxygen to muscles</p> <p><b>Stages of a cool down</b> Physiological benefits of a cool down Pulse lowering and stretching Gradually lowers heart rate, lowers temperature, reduces breathing rate, removes waste products such as lactic acid</p>		<p><b>Key Knowledge:</b> <b>Motor Competence</b> How to develop competence to participate effectively in a broad range of physical activities</p> <p><b>Balanced Diet</b> What is a balanced diet Eatwell plate Importance of a balanced diet Carbohydrates, Protein, Fats, Vitamins &amp; minerals, Fibre and water Food groups - uses in the body and source examples What is a balanced diet</p> <p><b>Effects of an unbalanced diet</b> behavioural problems sleep issues problems with emotional and psychological development poor concentration or difficulties at school.</p>	
<p><b>Pupils will be able to:</b> <b>Motor Competence</b> Demonstrate basic techniques and skills to participate effectively in a broad range of physical activities</p> <p><b>Healthy Active Living</b> State Exercise recommendations Describe Elements of fitness Explain the Importance of sleep</p> <p><b>Benefits of Active Lifestyles</b> Define health Definition Describe the Physical, Emotional &amp; Social Benefits of an active lifestyle</p>	<p><b>Key Vocabulary:</b> See separate PE Vocabulary document</p>	<p><b>Pupils will be able to:</b> <b>Motor Competence</b> Demonstrate basic techniques and skills to participate effectively in a broad range of physical activities</p> <p><b>Warm up &amp; Cool Down</b> Identify the Stages of a warm up Identify Physiological benefits of a warm up Identify the Stages of a cool down Identify Physiological benefits of a cool down Warm up and Cool down independently</p>	<p><b>Key Vocabulary:</b> See separate PE Vocabulary document</p>	<p><b>Pupils will be able to:</b> <b>Motor Competence</b> Demonstrate basic techniques and skills to participate effectively in a broad range of physical activities Describe the importance of a balanced diet Identify the components of a balanced diet Describe what is a balanced diet</p> <p><b>Effects of an unbalanced diet</b> Identify the effects of an unbalanced diet</p>	<p><b>Key Vocabulary:</b> See separate PE Vocabulary document</p>
<p><b>Assessment:</b> In Year 7 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies &amp; Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching &amp; Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain</p>		<p><b>Assessment:</b> In Year7 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies &amp; Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching &amp; Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain</p>		<p><b>Assessment:</b> In Year 7 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies &amp; Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching &amp; Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain</p>	
<p><b>Enrichment Opportunities:</b> See Autumn term Extra-curricular Timetable</p>		<p><b>Enrichment Opportunities:</b> See Spring term Extra-curricular Timetable</p>		<p><b>Enrichment Opportunities:</b> See Spring term Extra-curricular Timetable</p>	