

### WHAT ARE THE BIG AIMS OF YEAR 7?

1. Pupils develop competence and confidence in their performance of skills/ techniques
2. Pupils understand and employ basic tactics/strategies when performing in competitive situations
3. Pupils understand how to perform skills/techniques effectively and can identify simple strengths and weaknesses of a performance.
4. Pupils understand key theory principles relating to...
  - a. Basic Muscles of the Body,
  - b. Immediate Effects of Exercise,
  - c. How to effectively warm up and cool down,
  - d. Basic Components of Fitness
5. Pupils can adopt leadership roles and lead small groups of peers during warm up activities

### WHAT WILL EXCELLENCE LOOK LIKE IN YEAR 7?

A pupil demonstrating excellence in Year 7 will display increasing expertise and confidence in their performance of skills/ techniques. They will consistently apply basic skills/techniques across a range of different sports and physical activities. They will use a basic tactics and strategies to successfully overcome opponents in increasingly competitive situations. They will have an excellent understanding of what makes a performance effective (basic skills/techniques) and be able to use this knowledge to identify strengths and weaknesses in theirs and other's performances. They will have an excellent understanding of theory principles covered in Year 7 (Basic Muscles of the Body, Immediate Effects of Exercise, Warming Up and Cooling Down and Components of Fitness). They will confidently adopt leadership roles and lead small groups of peers in warm-up activities.

### WHAT KNOWLEDGE DO THE PUPILS NEED TO ACQUIRE?

- Understand the technical requirements that make a performance effective. E.g. how do you perform a chest pass?
- Different tactics/strategies that can be utilised in different sports/physical activities.
- Basic Muscles of the Body (Biceps, Triceps, Pectorals, Abdominals, Quadriceps, Hamstrings)
- Immediate Effects of Exercise (Hot, Sweaty, Red Skin, Increased Depth of Breathing, Increased Heart Rate)
- How to effectively warm up and cool down
- Basic Components of Fitness (Agility, Balance, Cardiovascular Endurance, Coordination, Muscular Endurance, Speed)

### WHAT SKILLS DO THE PUPILS NEED TO DEVELOP?

- Build on and embed the performance of fundamental movement skills within a range of physical activities (running, jumping, changing direction/position whilst maintaining balance, footwork).
- The performance/consistency of passing and receiving skills within a range of invasion sports including throwing and catching skill development.
- The performance of sport specific skills including batting linked to striking and fielding activities, and specific techniques linked to athletics
- The use of a range of basic tactics/strategies when performing in competitive situations.

- The ability to analyse their performances compared to previous ones, identify strengths and weaknesses in theirs and other's performances and demonstrate improvement to achieve their personal best.
- Leadership skills centred on communication & organisation skills when tasked with leading a small group of peers.

**WHAT MISCONCEPTIONS MAY THEY HAVE FROM PREVIOUS LEARNING?**

- How to perform skills/techniques effectively
- Recognising correct/ incorrect technique.
- How to apply skills/techniques/tactics and strategies in game related situations.
- Relating to their understanding of rules/regulations and scoring systems of different sports/physical activities.
- Related to the physiology of the body/body's response to exercise e.g. where specific muscle groups are located, how to effectively warm up, phases of warm up.

**WHAT ASSESSMENTS WILL BE USED ACROSS THE YEAR TO DEMONSTRATE HOW THE PUPILS HAVE ACQUIRED THE KNOWLEDGE AND DEVELOPED THE SKILLS?**

Hinge Point Assessment Activities – Drills/conditioned practices designed to assess performance of skills/techniques/tactics & strategies  
AfL Opportunities - Q&A, Observation of Pupil Performance, Observation of Pupil Leadership,  
Knowledge Checkers and Hinge Questions – Multiple Choice Snapshots, Written and Orally conducted to gauge understanding of knowledge  
Summative Assessment Lessons – To be utilised at the end of each unit of work.