**Year 7 - Physical Education Curriculum Overview 2025/26**

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| **YR**  **7** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Invasion Games**  *(suggested activities)*   * Football * Basketball * Tag Rugby | **Net / Wall Games**  *(suggested activities)*   * Badminton * Pickleball | **Health & Fitnes**  *(suggested activities)*   * Circuit Training * Fitness Challenges | **Targeting Games**  *(suggested activities)*   * Curling * Dodgeball * Darts * Boules | **Athletics**  *(suggested activities)*   * Track & Field Events | **Striking & Fielding**  *(suggested activities)*   * Rounders * Cricket |
| **Key new knowledge** | Understanding the importance of creating space and teamwork.  Demonstrating basic techniques of passing, dribbling, and marking during gameplay.  Applying simple attacking and defensive strategies to support the team | Holding the racket correctly and maintaining a consistent grip for basic forehand and backhand shots.  Positioning effectively on the court to prepare for receiving and returning shots.  Performing a basic underarm serve with accuracy to start rallies consistently. | Identifying the components of fitness and how they contribute to physical performance.  Performing basic exercises to improve cardiovascular fitness and muscular endurance.  Understanding the importance of warm-ups and cool-downs to prevent injury. | Throwing and aiming with control and accuracy towards stationary or moving targets.  Applying basic strategies, such as targeting open spaces, to increase success in games.  Demonstrating fair play and communicating effectively with teammates during gameplay. | Demonstrating correct sprinting techniques, focusing on form and pacing over short distances.  Attempting basic jumping and throwing techniques, emphasising control and safety.  Understanding the importance of pacing and consistent effort in athletic events. | Demonstrating the correct grip and stance for batting and bowling with control.  Applying basic fielding techniques, such as throwing and catching, with consistency.  Understanding and following the rules of striking and fielding games to play cooperatively. |
| **Assessments** |  |  |  |  |  |  |