

## Curriculum Map Year 7 PE (Adaptable)

Topic Name	Term	Content / skills developed with link to NC / exam board subject content (if applicable)	Reflection on previous learning	Progress to future learning	Global Citizenship links	Qatar National Identity links
<b>VOLLEYBALL SWIMMING DANCE</b>	<b>TERM 1</b>	<p>Introduce set technique Introduce dig technique Basic underarm serve Use of 3 touches/tactical development Outwitting opposition</p> <p>Development of water confidence and Safety Body positioning of the legs with introduction to front crawl arms Body positioning of front crawl arms leading to full front crawl stroke Introduction to backstroke arms / legs and body position Full backcrawl stroke leading to introduction to racing starts</p>	<b>YEAR 6 PE Volleyball Swimming Dance</b>	<b>Year 8 PE  QUESS tournaments</b>	<p>PRIDE values</p> <p>Prepare for challenge.</p> <p>Developing skills for the future</p>	<p><b>Sustainability:</b> self esteem and participation <b>Sustainability:</b> responsibility and creativity <b>Conscious thinking</b> about my <b>Hobbies</b> <b>Conscious thinking</b> about my <b>Health</b> <b>Conscious thinking</b> about my <b>Role Models</b></p>
<b>BADMINTON FOOTBALL NETBALL BASKETBALL</b>	<b>TERM 1</b>	<p>Introduce the grip and ready position Introduce the overhead clear Introduce the underarm clear Introduce the drop shot Doubles/singles game play</p> <p>Intro Passing – Side Foot Intro Dribbling, Control &amp; Turning Passing and movement off the ball. Introduction to Shooting</p> <p>Passing &amp; foot work rule Attacking play/dodging Shooting Defending/positional awareness</p> <p>Passing – bounce/javelin Pivoting and jump stop Dribbling with both hands</p>	<b>YEAR 6 PE Badminton Football Netball Basketball</b>	<b>Year 8 PE  QUESS tournaments</b>	<p>PRIDE values</p> <p>Prepare for challenge.</p> <p>Developing skills for the future</p>	<p><b>Sustainability:</b> self esteem and participation <b>Sustainability:</b> responsibility and creativity <b>Conscious thinking</b> about my <b>Hobbies</b> <b>Conscious thinking</b> about my <b>Health</b> <b>Conscious thinking</b> about my <b>Role Models</b></p>

		Development of set shot Introduction to defensive slide				
<b>ATHLETICS BASKETBALL TOUCH RUGBY ROUNDERS/CRICKET</b>	<b>TERM 2</b>	<p>Introduction to jumping techniques – Long/triple/high approach, take off and jumping technique.</p> <p>Introduction to throwing techniques – Discus, shot put, indoor javelin</p> <p>Introduction to correct running techniques – sprint/long distance. Pacing. Starts</p>	<b>YEAR 6 PE Athletics Basketball Touch rugby Rounders Cricket</b>	<b>Year 8 PE  QUESS tournaments</b>	<p>PRIDE values</p> <p>Prepare for challenge.</p> <p>Developing skills for the future</p>	<p><b>Sustainability:</b> self esteem and participation</p> <p><b>Sustainability:</b> responsibility and creativity</p> <p><b>Conscious thinking</b> about my <b>Hobbies</b></p> <p><b>Conscious thinking</b> about my <b>Health</b></p> <p><b>Conscious thinking</b> about my <b>Role Models</b></p>
<b>FOOTBALL VOLLEYBALL</b>	<b>TERM 2</b>	<p>Outwitting an opponent</p> <p>Developing Physical and Mental Capacity</p> <p>Making and Applying Decisions</p> <p>Making Informed Choices about healthy, active lifestyle</p> <p>Evaluating and Improving</p>	<b>YEAR 6 PE Football Volleyball</b>	<b>Year 8 PE  QUESS tournaments</b>	<p>PRIDE values</p> <p>Prepare for challenge.</p> <p>Developing skills for the future</p>	<p><b>Sustainability:</b> self esteem and participation</p> <p><b>Sustainability:</b> responsibility and creativity</p> <p><b>Conscious thinking</b> about my <b>Hobbies</b></p> <p><b>Conscious thinking</b> about my <b>Health</b></p> <p><b>Conscious thinking</b> about my <b>Role Models</b></p>
<b>TABLE TENNIS VOLLEYBALL BADMINTON</b>	<b>TERM 3</b>	<p>Outwitting an opponent</p> <p>Developing Physical and Mental Capacity</p> <p>Making and Applying Decisions</p>	<b>YEAR 6 PE Table tennis Volleyball Badminton</b>	<b>Year 8 PE  QUESS tournaments</b>	<p>PRIDE values</p> <p>Prepare for challenge.</p>	<p><b>Sustainability:</b> self esteem and participation</p>

		Making Informed Choices about healthy, active lifestyle Evaluating and Improving			Developing skills for the future	<b>Sustainability:</b> responsibility and creativity <b>Conscious thinking</b> about my <b>Hobbies</b> <b>Conscious thinking</b> about my <b>Health</b> <b>Conscious thinking</b> about my <b>Role Models</b>
<b>BADMINTON DODGEBALL</b>	<b>TERM 3</b>	Outwitting an opponent Developing Physical and Mental Capacity Making and Applying Decisions Making Informed Choices about healthy, active lifestyle Evaluating and Improving	<b>YEAR 6 PE Badminton Dodgeball</b>	<b>Year 8 PE  QUESS tournaments</b>	PRIDE values  Prepare for challenge.  Developing skills for the future	<b>Sustainability:</b> self esteem and participation  <b>Sustainability:</b> responsibility and creativity