The Bemrose School Curriculum



Curriculum Overview: Year 7 PE					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Multi-skill/Fitness,	Topic:	Topic: Gymnastics/Dance,	Topic: Gymnastics/Dance,	Topic:	Topic: Athletics
Gymnastics/Dance,	Gymnastics/Dance,	Badminton, OAA, Tag	Badminton, OAA, Tag	Cricket/Rounders	
Badminton, Tag Rugby,	Badminton, Tag Rugby,	Rugby, Football, Netball	Rugby, Football, Netball		
Football, Netball	Football, Netball				
Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning
- use a range of tactics	- use a range of tactics	- use a range of tactics and	- use a range of tactics and	- use a range of tactics	- use a range of tactics
and strategies	and strategies	strategies	strategies	and strategies	and strategies
-develop their technique	-develop their technique	-develop their technique	-develop their technique	-develop their technique	-develop their technique
and improve their	and improve their	and improve their	and improve their	and improve their	and improve their
performance	performance	performance	performance	performance	performance
-using advanced dance	-using advanced dance	-using advanced dance	-using advanced dance	-developing skills to solve	-developing skills to solve
techniques	techniques	techniques	techniques	problems	problems
-developing skills to solve	-developing skills to solve	-developing skills to solve	-developing skills to solve	-analyse their	-analyse their
problems	problems	problems	problems	performances	performances
-analyse their	-analyse their	-analyse their	-analyse their	-take part in competitive	-take part in competitive
performances	performances	performances	performances	sports and activities	sports and activities
-take part in competitive	-take part in competitive	-take part in competitive	-take part in competitive	Stretch and Challenge	Stretch and Challenge
sports and activities	sports and activities	sports and activities	sports and activities	Enquiry	Enquiry
Stretch and Challenge	Stretch and Challenge	Stretch and Challenge	Stretch and Challenge	-What does aerobic	-What are the short-term
Enquiry	Enquiry	Enquiry	Enquiry	mean?	effects of exercise?
-What are the functions	-What are the three types	-What muscles are	-What are the four		
of the skeleton?	of muscle in the body?	involved in inspiration?	chambers of the heart?		
Equipment Needed		Wider Reading		Family activities	
Red or black T shirt/Polo Shirt		https://www.gov.uk/government/publications/national-curriculum-		Ensure your child is prepared for their PE lessons by having	
 Black Shorts/Tracksuit Bottoms 		<u>in-england-physical-education-programmes-of-study</u>		the correct PE kit	
Red or black Sweatshirt/Jumper Trainers Trainers		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		Encourage your child to take part in PE/Sport extra-curricular activities at school	
 Trainers Red or black Football Socks 		TITELDS. J. J. W. W. DDG. CO. UKJ DITESIZE J. SUDJECTS J. ZUTISS 4]		Provide opportunities for your child to take part in physical	
Football Boots and shinpads				activity (exercise or sport) outside of school	
NO Coats, Zipped Jackets or Hoodies				Encourage your child to watch sport e.g. on TV	
 Please mark your kit with your full name 					