

**Physical Education**  
**Year 7 curriculum map**



| Year 7 Girls  | T1  | T2   | T3  | T4  | T5  | T6   |
|---|---|--|---|---|---|--|
| Content / Topic for Term  | Invasion games<br>Team building   | Football<br>OAA  | Rugby<br>Gymnastics   | Netball<br>Badminton  | Athletics<br>Health and wellbeing   | Athletics<br>Cricket   |
| Key Knowledge for acquisition, recall and application in assessment or exam | Warm up<br>Cool down<br>Passing<br>Receiving<br>Hand eye coordination<br>Communication<br>Teamwork<br>Problem solving<br>Leadership | Passing<br>• short<br>Shooting<br>• short<br>Dribbling<br>• use of dominant foot<br>Tackling<br>• jockeying<br>Marking<br>• player with the ball<br>Teamwork<br>Problem solving<br>Leadership<br>Map reading | Passing<br>• both hands in either direction<br>Receiving<br>• stationary<br>Running with the ball<br>Beating opponents<br>• change of pace/direction<br>Tackling<br>• basic technique from front and side<br>• close contact tackling<br>Rolls<br>• forward<br>• backward | Footwork<br>• stopping/landing<br>• pivot<br>Ball handling<br>• catching whilst stationary<br>Passing over a short distances<br>• chest<br>• overhead<br>• bounce<br>• shoulder pass<br>Shooting<br>• stationary<br>Marking<br>• player with the ball<br>Serving<br>• short<br>• long | Track<br>• starting<br>• finishing<br>• posture<br>• arm action<br>Jumping<br>• approach<br>• take off<br>• flight<br>Throws<br>• initial stance<br>• grip<br>• throwing action<br>Bones<br>Muscles<br>Joints<br>Function of the skeleton | Track<br>• starting<br>• finishing<br>• posture<br>• arm action<br>Jumping<br>• approach<br>• take off<br>• flight<br>Throws<br>• initial stance<br>• grip<br>• throwing action<br>Batting<br>• running between the wickets<br>• footwork<br>• drive<br>• communication with batting partner |

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|   |                                |                  |   |  |                                   |   |
|---|--------------------------------|------------------|---|--|-----------------------------------|---|
|   |                                |                  | Balances<br>Handstand<br>Cartwheels<br>Jumps/leaps<br>Twists<br>Steps | Forehand shot<br>• overhead clear<br>• lift/underarm clear<br>Teamwork and communication doubles<br>Basic footwork |                                   | Bowling<br>• medium<br>Fielding<br>• judgement of the approaching ball<br>• stopping the ball<br>• catching<br>Teamwork and communication |
| Key skills to apply in assessment or exam | All of the above               | All of the above | All of the above  | All of the above   | All of the above                  | All of the above  |
| Title of Knowledge Organiser              | Invasion games<br>Teambuilding | Football<br>OAA  | Rugby<br>Gymnastics   | Netball<br>Badminton   | Athletics<br>Health and wellbeing | Athletics<br>Cricket  |

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| Year 7 Boys   | T1  | T2   | T3  | T4  | T5  | T6   |
|---|---|--|---|---|---|--|
| Content / Topic for Term  | Invasion games<br>Team building   | Rugby<br>OAA   | Football<br>Gymnastics  | Hockey<br>Badminton   | Athletics<br>Health and wellbeing   | Athletics<br>Cricket   |
| Key Knowledge for acquisition, recall and application in assessment or exam | Warm up<br>Cool down<br>Passing<br>Receiving<br>Hand eye coordination<br>Communication<br>Teamwork<br>Problem solving<br>Leadership | Passing<br>• both hands in either direction<br>Receiving<br>• stationary<br>Running with the ball<br>Beating opponents<br>• change of pace/direction<br>Tackling<br>• basic technique from front and side<br>• close contact tackling<br>Teamwork<br>Problem solving | Passing<br>• short<br>Shooting<br>• short<br>Dribbling<br>• use of dominant foot<br>Tackling<br>• jockeying<br>Marking<br>• player with the ball<br>Rolls<br>• forward<br>• backward<br>Balances<br>Handstand<br>Cartwheels | Passing<br>• push<br>• slap hit<br>Dribbling<br>• push<br>Shooting<br>• open side technique<br>Tackling<br>• block<br>Marking<br>• player with the ball<br>Serving<br>• short<br>• long<br>Forehand shot<br>• overhead clear<br>• lift/underarm clear | Track<br>• starting<br>• finishing<br>• posture<br>• arm action<br>Jumping<br>• approach<br>• take off<br>• flight<br>Throws<br>• initial stance<br>• grip<br>• throwing action<br>Bones<br>Muscles<br>Joints<br>Function of the skeleton | Track<br>• starting<br>• finishing<br>• posture<br>• arm action<br>Jumping<br>• approach<br>• take off<br>• flight<br>Throws<br>• initial stance<br>• grip<br>• throwing action<br>Batting<br>• running between the wickets<br>• footwork<br>• drive |

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|   |                                |                           |                                |  |                                   |  |
|---|--------------------------------|---------------------------|--------------------------------|--|-----------------------------------|--|
|   |                                | Leadership<br>Map reading | Jumps/leaps<br>Twists<br>Steps | Teamwork and communication doubles<br>Basic footwork |                                   | <ul style="list-style-type: none"> <li>• communication with batting partner</li> </ul> Bowling <ul style="list-style-type: none"> <li>• medium</li> </ul> Fielding <ul style="list-style-type: none"> <li>• judgement of the approaching ball</li> <li>• stopping the ball</li> <li>• catching</li> </ul> Teamwork and communication |
| Key skills to apply in assessment or exam | All of the above               | All of the above          | All of the above               | All of the above                                     | All of the above                  | All of the above   |
| Title of Knowledge Organiser              | Invasion games<br>Teambuilding | Football<br>OAA           | Rugby<br>Gymnastics            | Netball<br>Badminton                                 | Athletics<br>Health and wellbeing | Athletics<br>Cricket   |