









































# Stalham High School - Subject Curriculum Overview

## Subject: Physical Education

### Year: 7

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Themes/ Content/ Units covered</b> 	<b>Netball</b> Learning the types of passes  Development of distance of passes  Various stages of catching  To describe basic rules  Development of shooting styles  Understand game play and position 	<b>OAA</b> Being able to work as part of a team  To communicate effectively  Developing ideas that help to solve problems  To learn how to lead a group  To evaluate effectiveness as an individual and part of a group  To be able to orienteer. 	<b>Dance</b> To be able to articulate what a motif is  To perform the 6 key actions  To use basic dance relationships (canon/unison)  Development of performance to be aesthetically pleasing  To devise a motif working closely with other pupils  Understand how levels develop performance 	<b>Handball</b> Development of passing accuracy and control  To perform a variety of shooting styles  To effectively dribble  To discuss basic rules  Understand how to be effective when in a game  Development of communication skills  Using team work to develop strategies 	<b>Athletics</b> To perform the 100m  To understand how to perform the Shot put  To perform long jump  To analyse own and others performance  Develop posture when performing athletics  discipline  Develop effective arm, leg and head action 	<b>Stike and field</b> Develop bowling action and associated rules  To familiarise and perform various catching skills  To explain the basic rules of rounders, softball and cricket  Understand how to hit a ball  Develop depth, power and accuracy when throwing  Develop effectiveness at various position in game play 