

EMMANUEL COLLEGE

THE PHYSICAL EDUCATION DEPARTMENT

Year 7



Year 7	Autumn Term	Spring Term	Summer Term
Unit Title	Introduction to the range of sports students will participate in at Emmanuel College.		
Key Question(s)?	What is the sport I am working on and how do I play it?		
Threshold Concepts	Students will gain a basic understanding of a range of sports such as netball, athletics, rugby, hockey, basketball, fitness, dance, gymnastics and much more. Students will have an understanding of the key concepts required to play a range of sports, what basic rules are involved in these sports, and how to compete in invasion games. Students will understand why character is important in sports and will be able to answer a range of questions looking at the important features of each sport and why they are important. Students will understand the basic techniques needed in order to play or take part in a range of sports.		
Link to Prior Knowledge	Students will have developed basic skills in primary school which will be transferred into the skill development phases at College within each sport. Students should have an understanding of basic movement patterns, have had some familiarisation with team games and have the basic ability to throw and catch with some success.		
Knowledge and Sequencing Rationale	Students will experience a range of new physical activities and sports during Year 7. They will gain knowledge through the learning of basic skills in a wide range of physical activities, which will allow them to develop these skills over the course of their time at Emmanuel College. Students will also learn how to control and have an awareness of their body in activities such as gymnastics and dance. Students will also begin to develop their character through opportunities to work with others collaboratively where fair play and sportsmanship will be encouraged.		