

Curriculum Summary Document

Year 7 – Physical Education

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Invasion Games & Team Sports	Autumn Term	Students develop core techniques in rugby, football and handball, including movement skills, accurate passing, evasion and defensive positioning. They learn basic attacking and defensive strategies, apply tactics in small-sided games and reflect on how teamwork, communication and decision-making influence success.	Students build competence in applying tactics and strategies, a core KS3 expectation. They strengthen fundamental movement patterns and grow confidence in competitive situations, preparing them for more complex team sports later in KS3 and KS4.	Oracy: developing precise spoken explanation Science: understanding the body's response to exercise Maths: measuring, timing and interpreting performance data Dance: refining movement, fluency and control
Fitness, Gymnastics & Dance	Autumn/Spring Term	Students explore key components of fitness and how the body responds to exercise. They develop strength, balance and coordination through gymnastics sequences and dance movements. They refine movement control, link actions fluently and evaluate how to improve personal performance safely and effectively.	Students deepen understanding of fitness principles and develop body control, balance and coordination—key foundations for all physical activities. They practise analysing movement and identifying improvements, strengthening core KS3 habits of self-evaluation.	
Net/Wall, Striking & Fielding & Athletics	Spring/Summer Term	Students develop racket control, serving and rallying in badminton and tennis. They build striking, bowling and fielding skills in cricket and rounders. In athletics, they improve running, jumping and throwing technique and learn to pace performances and track personal progress over time.	Students refine precision, coordination and spatial awareness, supporting broader skill development across KS3. They learn to adapt technique across activities, understand how to measure performance and develop confidence striving for personal bests.	