

Felpham Community College –Key Stage 3 Scheme of Work

Subject: Physical Education	Year: 7	Leader: Mr B Hauxwell
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Autumn Term 1	Activities	Homework (Wk 1 - 7)
Topic: Games Activities Netball Rugby Basketball	Accurate replication of core skills, techniques & tactics. Outwitting opponents Defensive & attacking strategies Adapted mini games – 2v2,3v3 Throwing & catching	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.
Topic: Physical Education Dance Gymnastics(Travelling) Swimming	Accurate replication of core skills. Exercising safely and effectively. Individual & pairs work.	Focus: A - Evaluating and Improving performance. B - Making informed choices about leading a healthy, balanced and active lifestyle.
		Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.

Literacy / Numeracy / ICT - *Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.*
Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.

Autumn Term 2	Activities	Homework (Wk 8 - 15)
Topic: Games Activities Netball Rugby Basketball	Accurate replication of core skills, techniques & tactics; Outwitting opponents Defensive & attacking strategies Adapted mini games – 2v2,3v3 Throwing & catching	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.
Topic: Physical Education Dance Gymnastics(Travelling) Swimming	Accurate replication of core skills. Exercising safely and effectively. Individual & pairs work.	Focus: A - Evaluating and Improving performance. B - Making informed choices about leading a healthy, balanced and active lifestyle.
		Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.

Literacy / Numeracy / ICT - *Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.*
Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.

Spring Term 1	Activities	Homework (Wk 16 - 21)
Topic: Games Activities Tag Rugby Football Basketball	Accurate replication of core skills, techniques & tactics; Outwitting opponents Defensive & attacking strategies Adapted mini games – 2v2,3v3 Throwing & catching	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.

Topic: Physical Education Dance Gymnastics (Travelling) Swimming	Accurate replication of core skills. Exercising safely and effectively. Individual & pairs work.	Focus: A - Evaluating and Improving performance. B - Making informed choices about leading a healthy, balanced and active lifestyle.
		Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Verbal identification of others strengths & weaknesses of performance using full sentences.		

Spring Term 2	Activities	Homework (Wk 22 - 27)
Topic: Games Activities Tag Rugby Football Basketball	Accurate replication of core skills, techniques & tactics; Outwitting opponents Defensive & attacking strategies Adapted mini games – 2v2,3v3 Throwing & catching	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.
Topic: Physical Education Dance Gymnastics(Travelling) Swimming	Accurate replication of core skills. Exercising safely and effectively. Individual & pairs work.	Focus: A - Evaluating and Improving performance. B - Making informed choices about leading a healthy, balanced and active lifestyle.
		Assessment Plans: Practical performance assessed - core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Verbal identification of others strengths & weaknesses of performance using full sentences.		

Summer Term	Activities	Homework (Wk28 - 33)
Topic: Games Activities Rounders Cricket	Accurate replication of core skills, techniques & tactics; Outwitting opponents Batting & Fielding strategies Adapted mini games	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.
Topic: Physical Education Athletics Swimming	Explore running, jumping and throwing skills/ techniques. Perform at maximum levels Exercise safely & effectively.	Focus: A - Developing Physical and Mental Capacity B - Making informed choices about leading a healthy, balanced and active lifestyle.
		Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Estimations involving distances & times. Performance analysis using ICT (ipad)		

Summer Term	Activities	Homework (Wk 34 - 39)
Topic: Games Activities Rounders Cricket	Accurate replication of core skills, techniques & tactics; Outwitting opponents Batting & Fielding strategies Adapted mini games	Focus: A - Develop skills, techniques and tactics in physical activities. B - Making and applying decisions in physical activities.
Topic: Physical Education Athletics Swimming	Explore running, jumping and throwing skills/ techniques. Perform at maximum levels Exercise safely & effectively.	Focus: A - Developing Physical and Mental Capacity B - Making informed choices about leading a healthy, balanced and active lifestyle. Assessment Plans: Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Basic multiplication and subtraction of performance data.		

Website / Resources: www.youtube.co.uk www.teachpe.com www.bbc.co.uk/sport

Extension; Felpham Community College Extracurricular clubs & school club links.