



# Thomas Adams - Physical Education

## Year 7 – Curriculum Map

**The Big Picture:**  
You will be growing sport specific knowledge across a range of sports and activities whilst being examined in different assessment areas.

### Athletics

You will learn the basic technique and performance in track and field events. Your mind set and fitness will play an important role in this Unit.



### Striking and fielding (Rounders/Cricket/Softball)

You will learn the basic rules to play successfully. You will work on your batting, throwing and catching. You will learn and develop your tactical play and decision making skills.



### Basketball

You will learn the basic rules of basketball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness and different defensive setups, when to pass/shoot/dribble.



### Assessment

You will be assessed in the following four strands separately. Your **FITNESS** will also be assessed throughout the year.

### Dance

You will be able to use movement and gesture to communicate moods and feelings. You will perform to an audience



### Handball

You will learn the basic rules of handball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness and different defensive setups, when to pass/shoot/dribble.

### Volleyball

You will learn the basic rules of volleyball to play successfully including team formation. You will work on your serving, dig, set shot and knowledge of tactical play.

Leadership

Decision Making

Performance

Mind Set

Summer Term

### Football

You will learn the basic rules of the game to play successfully. You will learn how to: dribble, pass, shoot, and mark players.



### Fitness (H.R.E.)

You will learn why we fitness test and the different types of tests used. Participating in these tests recording your results



### Gymnastics

You will learn the basic skills of gymnastics such as the different rolls, handstand, headstand and cartwheels. You will develop individual and pair balancing.



Spring Term

### Netball

You will learn the basic principles of the game, positions and areas on court. You will learn the different passes and where to pass as well as attacking and defending strategies. You will also learn tactics such as rebounds and set plays.



### Badminton

You will learn the basic rules of the game and core skills to play successfully. You will learn how to serve and play a variety of shots to keep a rally going.



### Swimming

You will develop water confidence and learn the basic 3 strokes for swimming (front crawl, back stroke and breaststroke).

### Outwitting Opponents

You will learn strategies and tactics for a range of invasion, strike and field and net/wall games looking at creating space, maintaining possession and beating an opponent.



### Rugby

You will learn basic laws of the game and develop skills to play successfully. The skills you will learn are how to defend as a team, pass, beat defenders, tackle and present the ball.

Autumn Term



### Problem Solving

You will learn skills to develop your teamwork and leadership skills through map reading and sporting scenarios.

### Multi Skills

You will learn how to warm up effectively for sport and develop your knowledge of A.B.C & F.A.B.B through a range of activities.



### SHOW YOUR COMMITMENT...

#### How many of these can you complete?

Try your best in all lessons.

Bring your PE kit to all lessons.

Attend at least one extracurricular club each term.

Represent Thomas Adams in a sporting fixture.

Your Physical Education journey starts here...

