



Year 7 Curriculum

In Year 7, you will explore the following **sports**:
 Fitness , Hockey, Gymnastics, Netball, Dance (cheerleading), Rugby, Football, Basketball,
 Orienteering, Athletics, Striking and fielding (rounders/cricket), Tennis, Swimming.
 Below is what you will learn in each sport.

Fitness

- Fitness testing
- Exercise to music
- Cardiovascular endurance activities

Hockey

- Grip/holding the hockey stick
- Passing
- Receiving
- Dribbling
- Small sided games
- Block tackle
- Basic rules

Netball

- Passing
- Footwork
- Dodging
- Basic defending
- Small sided games
- Positions

Gymnastics

- Floor skills (rolling, locomotion, balances, cartwheels)
- Skills on apparatus

Basketball

- Passing
- Dribbling
- Shooting
- Small sided games

Dance

- Cheerleading themed
- Canon/unison
- Timing
- Starting and finishing position



Striking and fielding – Rounders/Cricket

- Throwing
- Catching
- Batting
- Bowling
- Fielding – long barrier
- Team work

Swimming

- All strokes
- Floating
- Diving

Athletics

- Track
- Field

Orienteering

- Basic map work
- Team work
- Improving fitness

Football

- Dribbling
- Passing
- Small sided games
- Basic turns

Tennis

- Coordination
- Control
- Rally
- Forehand
- Backhand

Rugby

- Touch rules
- Passing
- Basic ball handling / carrying skills
- Small sided games

Across the year, you will also learn about the following (these will not be assessed)

- Identify the phases of a warm up and cool down.
- Identify and locate major bones
- Identify and locate major muscles
- Identify the pathway of air
- The equations of anaerobic and aerobic exercise and understand the difference between the 2 using sporting examples.
- Explain the components of a balanced diet and their role using food examples.



You will be assessed through a combination of skills practices, modified games, full games, sequences, self/peer assessment of strengths and weaknesses, Q&A.