

Year 7 & 8 PE Fundamentals Curriculum Map

The HHS Physical Education learning journey represents what every learner experiences during the year during years 7 and 8. Each rotation represents the targeted seasonal sports that learners study. As learners progress their ability and knowledge improve enabling learners to access new and more complex practices, that are taught to stretch and enhance each learners ability across a wide range of sports.

SUMMER 2 STRIKING & FIELDING +++ ROTATION

Cricket
Learners begin to develop an understanding of the rule and scoring in Cricket. They develop the core skills of catching and throwing and begin to develop their technique in bowling. We also endeavour to teach positional and strategic elements of the game.

Softball
Learners begin to use their catching, throwing, batting and fielding skills competitively. This is a good game for students to begin to analyse game play and plan ahead in order to outwit opponents

Basketball
Learners develop core skills such as the set shot and more simple passing techniques that will allow students to experience some success. More able learners are encouraged to access the higher ended scaffolding parts of learning to develop more advanced skills.

Autumn-Spring ROTATION 3

Volleyball
Learners develop the core shots required for learners to access the sport of volleyball. We focus on the set and the dig. We begin to apply these in small conditioned practices and small conditioned games. Our aim is to promote their skill base and understanding so that they can play a semi competitive game with altered rules for year 11-12-year-old players.

Rounders
In this unit pupils will develop core skills for batting, bowling and fielding. In striking and fielding games, players strike the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should begin to accurately score games. Pupils will work on improving the quality of their throwing and catching skills

Table Tennis
Learners are introduced to the skills necessary for students to play games. This includes the ability to serve and play basic backhand shots. Once this ability has been secured we gradually introduce more complex actions such as forehand, spins and pace of shots. More able learners progress more quickly and are advanced to more complex skills. We aim to have all learners able to play competitive games and rallies within their own skill level by the end of the 7&8 Journey.

Autumn-Spring ROTATION 1

Netball
We begin to teach the core skills such as the chest pass and basic shooting technique, so all students can play in a competitive scenario. We condition games, so they are free flowing and gradually build up into some more confining rules such as positioning. We introduce the pivot and begin to try and get students to apply the footwork rule whilst playing.

Badminton
Our students to learn the core skills required to play a game of badminton. We put particular emphasis on serving using the flick short technique as it is considered easier. We also focus on overarm and underarm clears which are the main shots in badminton. This enables all learners to play rallies. We also focus on students understanding the rules, so they can begin to play competitive games mainly half court.

Trampolining
Trampolining is an inclusive sport for learners of all abilities, combining a range of different components of fitness as well as developing the aesthetic side to performance. This activity links closely with gymnastics and suits learners who prefer individual performance activities to the team sports environment

Extra Curricular clubs at HHS

Autumn = Boys and Girls Football
Badminton Trampolining
Netball Volleyball GYM

Spring = Table Tennis Badminton
Indoor Athletics Handball
Boys and Girls Football KS3

GYM

Summer = Athletics, GYM, Volleyball
Basketball & Cricket



- Sport and further education options:**
1. Year 7-8 transferable and fundamental skills
 2. Year 9 Mastery and Advanced skills
 3. GCSE PE
 4. A Level / BTEC
 5. BSc DEGREE
 6. MSc / Doctorate
 7. Career in Sport

- Careers in sport:**
- Teaching
 - Professional athlete
 - Sports Journalism
 - Physiotherapy
 - Coaching
 - Nutritionist
 - Medicine
 - Sports therapy
 - Sport Scientist
 - Officiating
 - Sports Media

KS3 SUMMER 1 ATHLETICS ROTATION

Learners will learn the skills in order to take part in all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.

Throwing (Shot Putt, Discus & Javelin)

Jumping (High, Long & Triple Jump)

Sprint & Relay (100m, 200m & Relay)

Middle Distance (400m, 800m & 1500m)

Autumn-Spring ROTATION 2

Handball
Learners begin to learn the core skills needed to play handball. The aim in Year 7 is to equip students with the skills necessary to play in a Handball game and to experience success. We aim for all students to achieve the core skills taught and will advance more able learners with more complex skills so they are able to experience success more consistently.

Gym, SAQ & Fitness
Learners begin to develop an understanding of a number of training methods. We introduce the method and get students to begin attempting it. We develop their understanding of the component trained and what types of sports may utilise it. The aim of this unit is to up skill students and their understanding so that they could train independently.

Football
Learners develop the core skill base allowing them to participate in conditioned practices and games. All students learn how to perform basic core skills correctly such as passing and shooting, giving them the skill base needed to experience success and a foundation to develop from. More able learners are progressed at a faster rate.

TEAM BUILDING

At the start of Year 7 when our new learners arrive we have a few lessons dedicated to team building and learners getting to know one another. We play a number of challenging games where learners need to communicate, generate a sense of team and community in order to be successful. This is important to helping our learners begin to feel comfortable at Harrow High School

In Year 7 and 8 our curriculum is designed so that learners experience a wide range of creative, invasion, net and striking games allowing them to develop an understanding of each sport and develop the fundamental and transferable skills needed to participate in sport.