

Year 7 PE – Outline Programme of Study

Activities may not be in this order and key knowledge may merge between terms.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Big ideas/ topics	Mini team work unit Fitness	swimming	Badminton Rugby	Basketball/netball Gymnastics	Striking/fielding	Athletics
Key Knowledge	Cooperation Communication Empathy Resilience Working as a member of a team Cardiovascular fitness through running Body weight exercises Warm up/cool down Muscle groups Effects of exercise	Water confidence/safety and life-saving skills. Key swimming strokes	Leading and officiating activities Playing competitively Working at a high intensity Fundamental movements relevant for all sports	Developing skills in isolation, then increasing pressure Using skills within small sided games	Using attacking and defensive tactics	Attending extra curricular clubs and participating in house competitions.

Further information and reading list

- Couch to 5k <https://www.bbc.co.uk/sport/get-inspired/43501261>

Ways to support and extend student learning in this subject

- Participate in regular exercise out of school
- Join sports clubs in the local area
- Attend FCC clubs after school
- Attempt FCC P.E bucket list tasks**