

Year 7 Long Term Plan

In Year 7, pupils build foundational skills in various sports, focusing on competence, teamwork, and healthy lifestyles through activities such as invasion games, gymnastics, fitness circuits, and athletics.

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Invasion Games (Handball, Netball)	Gymnastics	Athletics (Running, Jumping, Throwing)	Fitness Circuits	Net/Wall Games (Badminton, Tennis)	Outdoor Adventurous Activities (OAA)
Key Concepts					
<p>Competence: Develop basic skills such as passing, dribbling, shooting, and defending.</p> <p>Performance: Introduction to team strategies and understanding roles within a team.</p> <p>Evaluation: Begin to assess personal and team performance with simple feedback.</p>	<p>Competence: Master basic movements including balances, rolls, and jumps.</p> <p>Performance: Create and perform simple sequences individually and in pairs.</p> <p>Evaluation: Use peer feedback to refine sequences and understand safe practice.</p>	<p>Competence: Learn basic techniques in sprinting, middle-distance running, jumping (long jump, high jump), and throwing (javelin, shot put).</p> <p>Performance: Record and improve personal bests in various disciplines.</p> <p>Healthy Active Lifestyles: Introduction to the benefits of cardiovascular fitness and muscular strength.</p>	<p>Competence: Develop core physical skills such as strength, endurance, flexibility, and agility through various circuit exercises.</p> <p>Performance: Track and improve individual fitness levels, focusing on progression in key exercises.</p> <p>Healthy Active Lifestyles: Understand the importance of regular exercise and its impact on overall health and fitness.</p>	<p>Competence: Develop basic skills such as serving, volleying, and rallying.</p> <p>Performance: Understand and apply simple game tactics to outwit opponents.</p> <p>Evaluation: Begin to analyse opponent weaknesses and adjust tactics accordingly.</p>	<p>Competence: Introduction to map reading, orienteering, and problem-solving tasks.</p> <p>Teamwork: Emphasise communication, cooperation, and leadership in team challenges.</p> <p>Healthy Active Lifestyles: Understand the importance of outdoor activities for physical and mental well-being.</p>