

## YEAR 7ab PE CURRICULUM 2024-25

| Week  | Lesson         | 7ab/PE1      | 7ab/PE2          | 7ab/PE3          | 7ab/PE4          | 7ab/PE5          | 7ab/PE6     |
|---|----------------|--------------|------------------|------------------|------------------|------------------|-------------|
| <b>Knowledge Rich Curriculum: Stages/principles of a warmup and cool down</b> |                |              |                  |                  |                  |                  |             |
| 1   | <b>Wed 4</b>   | Dance (DPo)  | Basketball (Su)  | Football (LEv)   | Handball (PDn)   | Gymnastics (ODn) | Rugby (JBx) |
| 2   | <b>Tues 5</b>  | Netball (Su) | Rugby (JCa)      | Gymnastics (LEv) | Basketball (PDn) | Football (ODn)   | OAA (JBx)   |
|   | <b>Thurs 5</b> | Netball (Bf) | Rugby (JCa)      | Gymnastics (LEv) | Basketball (PDn) | Football (ODn)   | OAA (JBx)   |
|   | <b>Fri 1</b>   | Dance (DPo)  | Basketball (JCa) | Football (LEv)   | Handball (PDn)   | Gymnastics (ODn) | Rugby (JBx) |

### OCTOBER ½ TERM HOLIDAY

|  |                |                 |               |                  |             |                  |                  |
|--|----------------|-----------------|---------------|------------------|-------------|------------------|------------------|
| <b>Knowledge Rich Curriculum: Names and locations of the voluntary muscles</b> |                |                 |               |                  |             |                  |                  |
| 1  | <b>Wed 4</b>   | Football (Su)   | Dance (DPo)   | Basketball (LEv) | Rugby (PDn) | Handball (ODn)   | Gymnastics (JBx) |
| 2  | <b>Tues 5</b>  | Gymnastics (Su) | Netball (LEv) | Rugby (JCa)      | OAA (PDn)   | Basketball (ODn) | Football (JBx)   |
|  | <b>Thurs 5</b> | Gymnastics (Bf) | Netball (LEv) | Rugby (JCa)      | OAA (PDn)   | Basketball (ODn) | Football (JBx)   |
|  | <b>Fri 1</b>   | Football (JCa)  | Dance (DPo)   | Basketball (LEv) | Rugby (PDn) | Handball (ODn)   | Gymnastics (JBx) |

### CHRISTMAS HOLIDAY

|  |                |                  |                  |               |                  |             |                  |
|--|----------------|------------------|------------------|---------------|------------------|-------------|------------------|
| <b>Knowledge Rich Curriculum: Functions of the skeleton and names and locations of the bones</b> |                |                  |                  |               |                  |             |                  |
| 1  | <b>Wed 4</b>   | Basketball (Su)  | Gymnastics (LEv) | Dance (DPo)   | Football (PDn)   | Rugby (ODn) | Handball (JBx)   |
| 2  | <b>Tues 5</b>  | Rugby (JCa)      | Football (Su)    | Netball (LEv) | Gymnastics (PDn) | OAA (ODn)   | Basketball (JBx) |
|  | <b>Thurs 5</b> | Rugby (JCa)      | Football (Bf)    | Netball (LEv) | Gymnastics (PDn) | OAA (ODn)   | Basketball (JBx) |
|  | <b>Fri 1</b>   | Basketball (JCa) | Gymnastics (LEv) | Dance (DPo)   | Football (PDn)   | Rugby (ODn) | Handball (JBx)   |

### FEBRUARY ½ TERM HOLIDAY

## CONCEPT CURRICULUM – Exploring Physical Literacy

### MOTOR COMPETENCE – Gymnastics

### CONFIDENCE – Rugby

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|--|----------------|---------------|--------------|---------------|---------------|---------------|---------------|
| <b>Knowledge Rich Curriculum: Types of bones and their function in sport</b> |                |               |              |               |               |               |               |
| 1  | <b>Wed 4</b>   | Fitness (Su)  | OAA (PDn)    | OAA (LEv)     | Dance (DPo)   | Hockey (ODn)  | Fitness (JBx) |
| 2  | <b>Tues 5</b>  | OAA (JCa)     | Fitness (Su) | Fitness (LEv) | Fitness (PDn) | Fitness (ODn) | Hockey (JBx)  |
|  | <b>Thurs 5</b> | OAA (JCa)     | Fitness (Bf) | Fitness (LEv) | Fitness (PDn) | Fitness (ODn) | Hockey (JBx)  |
|  | <b>Fri 1</b>   | Fitness (JCa) | OAA (PDn)    | OAA (LEv)     | Dance (DPo)   | Hockey (ODn)  | Fitness (JBx) |

### EASTER HOLIDAY

|   |                |                     |                 |                      |                 |                 |                      |
|---|----------------|---------------------|-----------------|----------------------|-----------------|-----------------|----------------------|
| <b>Knowledge Rich Curriculum: Types of joints and their movements</b> |                |                     |                 |                      |                 |                 |                      |
| 1   | <b>Wed 4</b>   | Athletics (ODn)     | Athletics (Su)  | Athletics (LEv)      | Hockey (PDn)    | Dance (DPo)     | Strike & Field (JBx) |
| 2   | <b>Tues 5</b>  | Strike & Field (Su) | Hockey (JCa)    | Strike & Field (LEv) | Athletics (PDn) | Athletics (ODn) | Athletics (JBx)      |
|   | <b>Thurs 5</b> | Strike & Field (Bf) | Hockey (JCa)    | Strike & Field (LEv) | Athletics (PDn) | Athletics (ODn) | Athletics (JBx)      |
|   | <b>Fri 1</b>   | Athletics (ODn)     | Athletics (JCa) | Athletics (LEv)      | Hockey (PDn)    | Dance (DPo)     | Strike & Field (JBx) |

### MAY ½ TERM HOLIDAY

|   |                |                 |                     |                 |                      |                      |                 |
|---|----------------|-----------------|---------------------|-----------------|----------------------|----------------------|-----------------|
| <b>Knowledge Rich Curriculum: The structure and function of a joint</b> |                |                 |                     |                 |                      |                      |                 |
| 1   | <b>Wed 4</b>   | Athletics (Su)  | Athletics (LEv)     | Hockey (JBx)    | Strike & Field (JCa) | Strike & Field (JCa) | Dance (DPo)     |
| 2   | <b>Tues 5</b>  | Hockey (JCa)    | Strike & Field (Su) | Athletics (LEv) | Athletics (PDn)      | Athletics (ODn)      | Athletics (JBx) |
|   | <b>Thurs 5</b> | Hockey (JCa)    | Strike & Field (Bf) | Athletics (LEv) | Athletics (PDn)      | Athletics (ODn)      | Athletics (JBx) |
|   | <b>Fri 1</b>   | Athletics (JCa) | Athletics (LEv)     | Hockey (JBx)    | Strike & Field (ODn) | Strike & Field (ODn) | Dance (DPo)     |

### SUMMER HOLIDAY

## CONCEPT CURRICULUM – Exploring Physical Literacy

### KNOWLEDGE & UNDERSTANDING - Fitness

### MOTIVATION - Athletics