




# Girls PE



## Year 7 Curriculum Map





## Year 7 – Autumn Term Girls PE

<b>Prior Learning</b>	By the end of key stage 2, pupils should have developed skills and knowledge in the following areas: running, jumping and throwing & catching in isolation and in combination; competitive games that incorporate attacking and defending skills; develop flexibility, strength, technique, control and balance; perform dances using a range of movement patterns, take part in outdoor and adventurous activities individually and as part of a group; compare performances with previous ones.
<b>What will I learn?</b>	<p><b>Sports Hall Athletics</b> – pupils will take part in a range of indoor track and field events following the Sports Hall Athletics awards / format as set out by British Athletics. Pupils will learn about different running, jumping and throwing events and techniques required to execute them successfully.</p> <p><b>Netball</b> – pupils will learn the basic techniques and skills required to be successful, such as footwork, pivoting, passing and receiving, and shooting, as well as simple rules for gameplay. Pupils will participate in modified games to develop basic attacking and defensive principles.</p> <p><b>Hockey</b> – pupils will learn how to hold a hockey stick on open and reverse side, push passing and receiving, open stick, reverse stick and Indian dribbling, the block tackle as well as simple rules for gameplay. Pupils will participate in modified games to develop basic attacking and defensive principles.</p> <p><b>Dance</b> – pupils will take part in dance lessons where they will learn a variety of performance techniques focusing on the elements of dance to a particular theme. Pupils will also learn choreography skills to be able to create a motif, sequence or routine. Pupils will work as a large group and in smaller groups when performing different motifs and sections of a particular piece of music.</p>
<b>How will I be assessed?</b>	Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question & answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.
<b>Next Steps</b>	<p><b>Sports Hall Athletics</b> – This unit links to the athletics units at the end of year 7, year 8, year 9 and year 10. At the end of year 7 pupils will be introduced to outdoor athletics skills, in year 8 pupils will develop athletics skills further and should be able to perform a range of athletics skills in isolation and under increased competitive pressure. In year 9 pupils will be encouraged to plan and implement strategies in athletics events. In year 10 pupils will develop advanced running, jumping and throwing skills and show confidence when taking part in athletics events.</p> <p><b>Netball</b> - This unit links to netball in year 8 and 9 and can also be used by pupils at BTEC Sport and GCSE PE level as a sport that they study and are practically assessed in. At year 8 and year 9, pupils will develop and adapt their skills further in both isolation and competitive situations such as basic 1, 2 footwork in year 7 will be developed to more advanced footwork such as 2 footed landings and landing on the outside for in Year 8 and quick feet and turning in the air in year 9. At key stage 4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at key stage 4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p><b>Hockey</b> – This unit links to hockey in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At year 8 and year 9, pupils will develop</p>

	<p>and adapt their skills further in both isolation and competitive situations such as push passes in year 7 will be developed to more advanced passing such as slap and basic hits Year 8 and hits and flicks in year 9. At key stage 4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at key stage 4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p><b>Dance</b> – This unit links with dance in year 9 and also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At year 9, pupils will develop and adapt their dance and choreography skills further with more challenging themes and music. At key stage 4 pupils will perform have the opportunity to perform solo, partner and group performances to a variety of dance styles. Aspects of choreography and performance skills will also be revisited in the gymnastics and trampolining units of work.</p>
<p><b>Opportunities for Independent Learning</b></p>	<p><b>Sports Hall Athletics</b> – pupils can learn more about specific athletics events from:-  Rules for throwing events - <a href="https://www.youtube.com/watch?v=OBHQZkAAJt4">https://www.youtube.com/watch?v=OBHQZkAAJt4</a>  Rules for jumping events – <a href="https://www.youtube.com/watch?v=ONIKQX-44kM">https://www.youtube.com/watch?v=ONIKQX-44kM</a>  Rules for track events - <a href="https://www.youtube.com/watch?v=qvnGHizhUQU">https://www.youtube.com/watch?v=qvnGHizhUQU</a>  Improve your sprinting technique – <a href="https://www.youtube.com/watch?v=okssbvltsm8">https://www.youtube.com/watch?v=okssbvltsm8</a>  Improve your sprint start - <a href="https://www.youtube.com/watch?v=Drdm1WsRQwA">https://www.youtube.com/watch?v=Drdm1WsRQwA</a>  Improve your shot putt – <a href="https://www.youtube.com/watch?v=mgyVvx6athw">https://www.youtube.com/watch?v=mgyVvx6athw</a>  Improve your long jump technique - <a href="https://www.youtube.com/watch?v=5v9p5jBN_Hg">https://www.youtube.com/watch?v=5v9p5jBN_Hg</a></p> <p><b>Netball</b> – pupils can learn more about netball from;-  Rules of netball - <a href="https://www.youtube.com/watch?v=V1qINni-Dis">https://www.youtube.com/watch?v=V1qINni-Dis</a>  England Netball for various drills - <a href="https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/">https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/</a>  The Maias Netball Network for various drills - <a href="https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/">https://www.englandnetball.co.uk/get-involved/coaching/coaching-resources/</a>  Intosport Netball Videos for various drills - <a href="https://www.youtube.com/playlist?list=PL1sd3srlav5al-WYJCI4cxZl3iE0TbtBb">https://www.youtube.com/playlist?list=PL1sd3srlav5al-WYJCI4cxZl3iE0TbtBb</a></p> <p><b>Hockey</b> -pupils can learn more about hockey from;-  How hockey is played - <a href="https://www.youtube.com/watch?v=3oIWk5qhlC0">https://www.youtube.com/watch?v=3oIWk5qhlC0</a>  Hockey drills you can do at home - <a href="https://www.youtube.com/watch?v=2fVK856Tdus">https://www.youtube.com/watch?v=2fVK856Tdus</a>  Hockey rules from England Hockey - <a href="https://www.englandhockey.co.uk/governance/rules-and-regulations/rules-of-hockey">https://www.englandhockey.co.uk/governance/rules-and-regulations/rules-of-hockey</a>  Passing techniques - <a href="https://www.youtube.com/watch?v=gqh1yGeDhKg">https://www.youtube.com/watch?v=gqh1yGeDhKg</a>  Tackling techniques - <a href="https://www.youtube.com/watch?v=e8JbiAtWvL8">https://www.youtube.com/watch?v=e8JbiAtWvL8</a></p> <p><b>Dance</b> – pupils can learn more about dance from;-  The elements of dance - <a href="https://www.youtube.com/watch?v=UGuD9Geeb2k">https://www.youtube.com/watch?v=UGuD9Geeb2k</a>  Stage formations - <a href="https://www.youtube.com/watch?v=UVnZNM8OVxY">https://www.youtube.com/watch?v=UVnZNM8OVxY</a>  New Zealand Ladies Rugby Team Haka - <a href="https://www.youtube.com/watch?v=0ikmASntjuk">https://www.youtube.com/watch?v=0ikmASntjuk</a>  The evolution of the Haka - <a href="https://www.youtube.com/watch?v=7lhgJXdrWCE">https://www.youtube.com/watch?v=7lhgJXdrWCE</a></p>
<p><b>Personal Development and CEIAG</b></p>	<p><b>Sports Hall Athletics</b> – Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises/events. There will be leadership opportunities with partners and working in small groups along with a responsibility for timing, recording measurements/events and making decisions whilst on the track. Pupils will use verbal communication and visual feedback to help improve performances. Pupils will need to prepare mentally when faced with a stressful and competitive situation. Coaches, personal/fitness/conditioning trainers, physiotherapists and sports agents are needed for athletes to be successful at the top level.</p> <p><b>Netball</b> – Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and umpires are needed at local, regional and national level, along with county, regional and national netball development officers.</p>

	<p><b>Hockey</b> - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and umpires are needed at local, regional and national level, along with county, regional and national hockey development officers.</p> <p><b>Dance</b> – Pupils will develop their health and physical fitness performing various dance routines and motifs. Pupils will also develop their mental health through creative thinking when devising new motifs and sequences using various choreography skills. Pupils will have the opportunity of using a variety of communication and leadership skills within group work when planning, performing and evaluating performances. Dance instructors, choreographers and events organisers are needed in a variety of dance types to improve and produces dances/routines for various dance performances such as local, county and national dance festivals, competitions and the production of music videos, concerts, musicals, entertainment shows etc.</p>
<p><b>Enrichment Opportunities (Cultural Capital)</b></p>	<p><b>Sports Hall Athletics</b></p> <ul style="list-style-type: none"> <li>• Attend Sports Hall athletics practices after school to have fun and improve your skill level</li> <li>• Represent the school Sports Hall athletics team at local school competitions.</li> <li>• Attend Pendle Athletics Club Training sessions – Monday and Wednesday evenings 7pm – 8pm – <a href="http://pendleac.org.uk/about-us/training-nights/">http://pendleac.org.uk/about-us/training-nights/</a></li> <li>• Attend Pendle Park run - <a href="https://www.parkrun.org.uk/pendle/">https://www.parkrun.org.uk/pendle/</a> or Burnley Park run <a href="https://www.parkrun.org.uk/burnley/">https://www.parkrun.org.uk/burnley/</a></li> <li>• Watch Usain Bolt break the 100m Men’s World record - <a href="https://www.youtube.com/watch?v=HFLuduKmnW0">https://www.youtube.com/watch?v=HFLuduKmnW0</a></li> <li>• Watch the evolution of Usain Bolt’s speed from 2004 – 2017 - <a href="https://www.youtube.com/watch?v=yunR1jc7hVU">https://www.youtube.com/watch?v=yunR1jc7hVU</a></li> <li>• Watch Women’s 100m World and Olympic Records over the years - <a href="https://www.youtube.com/watch?v=DH_Zolclgnl">https://www.youtube.com/watch?v=DH_Zolclgnl</a></li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>• Attend netball club afterschool to have fun and improve your skill level and game play</li> <li>• Represent the school netball team at local school competitions</li> <li>• Attend Burnley Netball club training sessions – go to the following website for more details <a href="https://www.burnleyladiesnetball.co.uk/bnc-saturday-training-club/">https://www.burnleyladiesnetball.co.uk/bnc-saturday-training-club/</a></li> <li>• Go and watch a Manchester Thunder Match as part of the Netball Superleague – go to the following website for more details - <a href="https://www.manchesterthunder.co.uk/">https://www.manchesterthunder.co.uk/</a></li> <li>• Watch the 2019 Netball World Cup Semi-Final Match on YouTube between England and the eventual winners, New Zealand - <a href="https://www.youtube.com/watch?v=vQ3DHGB6UVE">https://www.youtube.com/watch?v=vQ3DHGB6UVE</a></li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• Attend Pendle Forest Hockey Club training sessions and join their junior teams – <a href="https://www.pendleforesthockey.co.uk">https://www.pendleforesthockey.co.uk</a></li> <li>• Watch England Ladies Hockey team win the Gold Medal against the Netherlands at the 2016 Rio Olympics - <a href="https://www.youtube.com/watch?v=ZaiyfEvHRuA">https://www.youtube.com/watch?v=ZaiyfEvHRuA</a></li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Attend Sandersons Dance School – use the website to view timetable and the different classes available <a href="https://www.sandersondance.co.uk">https://www.sandersondance.co.uk</a></li> <li>• Attend Pendle Academy of Dance and Performing Arts – use website for more information <a href="https://www.pendleacademydance.co.uk/">https://www.pendleacademydance.co.uk/</a></li> <li>• Watch Strict Come Dancing on BBC 1, BBC iPlayer or YouTube</li> <li>• Go and watch the various dance competitions and festivals over the years at the Blackpool Winter Gardens Ballroom - <a href="https://www.blackpooldancefestival.com/">https://www.blackpooldancefestival.com/</a></li> </ul>




## Year 7 – Spring Term Girls PE

<b>Prior Learning</b>	<p>By the end of key stage 2, pupils should have performed basic gymnastic skills and started to perform basic routines using a range of gymnastics skills and patterns. Pupils should have developed a simple understanding for outwitting opponents during net/court games. They should have knowledge of and applied modified rules in similar net/court games or mini versions of badminton. In invasion games such as football, pupils should have basic attack and defence principles. Have the ability to work within small-sided games and understand the basic rules of the game. Pupils should be able to play in a variety of positions within a game; Goalkeeper, Defender, Midfielder and Striker. By the end of key stage 2, pupils should have experienced some fitness activities that would have tested their physical capability. They will have followed simple warm up and cool downs. Pupils should have gained some basic knowledge on why it is important to exercise and the benefits of physical activity on the body.</p>
<b>What will I learn?</b>	<p><b>Gymnastics</b> - pupils will take part in gymnastics lessons where they learn how to use a variety of types of travel, balances, shapes, jumps and rolls as part of a sequence using low apparatus.</p> <p><b>Football</b> – pupils will learn the basic techniques and skills required to be successful, such as dribbling and control, passing and shooting, as well as simple rules for gameplay. Pupils will participate in modified games to develop basic attacking and defensive principles.</p> <p><b>Badminton</b> – pupils will take part in badminton lessons where they learn the basic shots required to play the game, including serves, and the rules for singles badminton. Pupils will participate in modified games to develop tactical play and awareness of the rules.</p> <p><b>Fitness</b> – pupils will participate in Health-Related Fitness lessons where they will learn about the importance of preparing the body for exercise, and take part in fitness activities that develop different aspects of fitness. Pupils will participate in a range of individual and team activities where they will develop knowledge and understanding of different components of fitness.</p>
<b>How will I be assessed?</b>	<p>Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question &amp; answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.</p>
<b>Next Steps</b>	<p><b>Gymnastics</b> – This unit links with trampolining in year 8, year 9, year 10, year 11 and also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. At year 8, pupils will develop basic trampolining skills and 5-bounce routines applying aspects from the gymnastics unit linked to body control, posture and fluency. At year 9 some advanced skills and combinations will start to be introduced such as front drops etc and performing a 7-bounce routine. At key stage 4 pupils will have the opportunity to perform and improve more advanced skills and combinations so able to successfully perform a 10-bounce routine.</p> <p><b>Football</b> - This unit links to football in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. Pupils in year 8 will progress onto slightly more complex skills and further develop their understanding of strategies and tactics within a small, sided game. At key stage 4 pupils will demonstrate advanced movements and using advanced techniques with fluency and control in competitive drills and games. Also, at KS4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p>



	<p><b>Badminton</b> – This unit links to badminton in year 8 and 9 and can also be used by pupils at BTEC Sport and GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will progress onto slightly more complex skills and further develop their understanding of strategies and tactics within a game. In year 9 they will develop confidence to get the shuttle to land in a target area so that the opponent cannot return it. At key stage 4 pupils will be encouraged to demonstrate advanced skills and implement tactics in competitive drills and games. Also, at key stage 4 pupils will develop advanced decision making and show confidence when officiating competitive games.</p> <p><b>Fitness</b> - This unit links to fitness in year 8, year 9, year 10 and year 11 and onto maintaining a good level of health and fitness Post 16. In year 8 pupils will specifically use circuit training as a training method to extend their knowledge on training and improving personal health and fitness levels. In year 9, year 10 and year 11 pupils will develop the knowledge and skills necessary to participate in various indoor and outdoor training methods and programmes which involves sustained physical work to improve personal health and fitness levels.</p>
<p><b>Opportunities for Independent Learning</b></p>	<p><b>Gymnastics</b> – pupils can learn more about gymnastics from:-  The evolution of Olympic gymnastics - <a href="https://www.youtube.com/watch?v=0DT2qni4f9c">https://www.youtube.com/watch?v=0DT2qni4f9c</a>  Improving your flexibility - <a href="https://www.youtube.com/watch?v=qULTwquOuT4">https://www.youtube.com/watch?v=qULTwquOuT4</a>  Various gymnastics floor skills - <a href="https://www.youtube.com/watch?v=iFBSTND1PAY">https://www.youtube.com/watch?v=iFBSTND1PAY</a>  Counter balance/counter tension - <a href="https://www.youtube.com/watch?v=hvxefm0Qjk">https://www.youtube.com/watch?v=hvxefm0Qjk</a>  How to perform a forward roll - <a href="https://www.youtube.com/watch?v=XPlsmgMLf8E">https://www.youtube.com/watch?v=XPlsmgMLf8E</a></p> <p><b>Football</b> – pupils can learn more about football from:-  Soccer drills for different ages and abilities - <a href="https://www.soccercoachweekly.net/soccer-drills-and-skills/">https://www.soccercoachweekly.net/soccer-drills-and-skills/</a>  Various football drills - <a href="https://www.professionalsoccercoaching.com/soccer/football-drills">https://www.professionalsoccercoaching.com/soccer/football-drills</a>  Football rules - <a href="https://www.theukrules.co.uk/rules/sport/football/top-ten-regulations.html">https://www.theukrules.co.uk/rules/sport/football/top-ten-regulations.html</a> and <a href="https://www.youtube.com/watch?v=bS0mU1J695w">https://www.youtube.com/watch?v=bS0mU1J695w</a></p> <p><b>Badminton</b> – pupils can learn more about badminton from:-  Badminton rules - <a href="https://www.youtube.com/watch?v=UyLli-TbcFc">https://www.youtube.com/watch?v=UyLli-TbcFc</a>  Various badminton shots and drills - <a href="https://www.thebadmintonguide.com/badminton-drills/">https://www.thebadmintonguide.com/badminton-drills/</a>  Coaching Badminton YouTube channel with various drills - <a href="https://www.youtube.com/watch?v=CSxfJ6-Z-uA">https://www.youtube.com/watch?v=CSxfJ6-Z-uA</a></p> <p><b>Fitness</b> – pupils can learn more about fitness from:-  The Body Coach TV various workouts - <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>  Components of physical fitness - <a href="https://www.youtube.com/watch?v=8NWKKBsvRGs">https://www.youtube.com/watch?v=8NWKKBsvRGs</a></p>
<p><b>Personal Development and CEIAG</b></p>	<p><b>Gymnastics</b> - Pupils will develop their health and physical fitness performing various gymnastics skills and routines. Pupils will also develop their mental health through creative thinking when devising sequences and routines using various choreography skills. Pupils will have the opportunity of using a variety of communication and leadership skills within partner and group work when planning, performing and evaluating performances. Gymnastic coaches are required at local, regional and national level.</p> <p><b>Football</b> – Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and referees are needed for both junior and adult teams at local, regional and national level, along with county, regional and national football development officers.</p> <p><b>Badminton</b> – Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches and umpires are needed at local, regional and national level, along with county, regional and national badminton development officers.</p> <p><b>Fitness</b> - Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises and training. This will include an understanding of the anatomy behind</p>

	<p>heart rates and the basic reasoning for this. Pupils will improve their mental capacity when recording heart rate values and BMI and understanding the meaning of each. Pupils will develop leadership qualities when coaching partners and performing simple training methods/programmes. Personal trainers, physiotherapists and sports rehabilitation/massage are needed for athletes to be success at the top level and for the general public to improve the health or the nation.</p>
<p><b>Enrichment Opportunities (Cultural Capital)</b></p>	<p><b>Gymnastics –</b></p> <ul style="list-style-type: none"> <li>Attend Pendle Gymnastics training sessions – go to Facebook for more details <a href="https://en-gb.facebook.com/pendlegymnastics/about">https://en-gb.facebook.com/pendlegymnastics/about</a></li> </ul> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>Attend football club after school to have fun and improve your skill level and game play</li> <li>Represent the school football team at local school and county competitions</li> <li>Attend a local girls football team training sessions – Barrowford Celtic FC - <a href="https://www.facebook.com/barrowfordcelticfc/">https://www.facebook.com/barrowfordcelticfc/</a> or Pendle Forest Sports Clun FC - <a href="http://pendleforestsportsclub.co.uk/football-teams/">http://pendleforestsportsclub.co.uk/football-teams/</a></li> <li>Keep up to date with England Lioness Football team - <a href="https://www.englishfootball.com/womens-senior-team/home">https://www.englishfootball.com/womens-senior-team/home</a></li> </ul> <p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>Attend badminton club after school to have fun and improve your skill level and game play</li> <li>Represent the school badminton team at local school competitions</li> <li>Attend Colne Badminton Club training sessions – go to Facebook for more details <a href="https://www.facebook.com/colnebadmintonclub">https://www.facebook.com/colnebadmintonclub</a></li> <li>Watch the longest rally recorded in a televised international badminton match - <a href="https://www.youtube.com/watch?v=aFGLXYcKD2M">https://www.youtube.com/watch?v=aFGLXYcKD2M</a></li> </ul> <p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>Join a local gym such as Pure Gym, Colne - <a href="https://www.puregym.com/gyms/colne/?utm_source=local&amp;utm_campaign=local_search_colne&amp;utm_medium=organic">https://www.puregym.com/gyms/colne/?utm_source=local&amp;utm_campaign=local_search_colne&amp;utm_medium=organic</a> or join Pendle Leisure Trust with a junior membership to use Pendle Leisure Centre, Pendle Wavelengths, Seedhill AFC or West Craven Sports Centre Gyms - <a href="https://www.pendleleisuretrust.co.uk/fitness/our-gyms/">https://www.pendleleisuretrust.co.uk/fitness/our-gyms/</a></li> <li>Attend Pendle Park run - <a href="https://www.parkrun.org.uk/pendle/">https://www.parkrun.org.uk/pendle/</a> or Burnley Park run <a href="https://www.parkrun.org.uk/burnley/">https://www.parkrun.org.uk/burnley/</a></li> </ul>

	<p><b>Year 7 – Summer Term Girls PE</b></p>
<p><b>Prior Learning</b></p>	<p>By the end of key stage 2, pupils should have experienced a range of throwing and catching skills. They should have explored the striking of a ball to score and experienced playing small throwing, catching and batting games linked to rounders and cricket. They should have started to develop basic knowledge of the principles of fielding while working in small teams in a variety of roles and adopting rules for modified striking and fielding games. By the end of key stage 2 and after the year 7 Sportshall athletics unit, pupils should have already had experienced running, jumping and throwing in some form, either under the umbrella of athletics or playing competitive or individual game activities. Whilst participating in athletics lessons, pupils should have followed health and safety guidelines when using equipment under the guidance of teachers.</p>
<p><b>What will I learn?</b></p>	<p><b>Athletics</b> – all pupils will take part in a range of track and field events building on skills developed during the Sportshall Athletics unit earlier in the year. Pupils will learn about different running, jumping and throwing events and techniques required to execute them successfully.</p>

	<p><b>Rounders</b> – all pupils will take part in rounders lessons where they learn how to use a variety of different skills and techniques for batting, bowling and fielding. Pupils will develop a range of strategies and tactics to overcome others in modified games. Pupils will also start to develop basic knowledge of rules and scoring systems.</p> <p><b>Cricket</b> – all pupils will take part in cricket lessons where they learn how to use a variety of different skills and techniques for batting, bowling and fielding. Pupils will develop a range of strategies and tactics to overcome others in modified games. Pupils will also start to develop basic knowledge of rules and scoring systems.</p>
<p><b>How will I be assessed?</b></p>	<p>Pupils will be assessed against success criteria. Pupils will receive immediate feedback on their performance through observations each lesson, in order to develop skills and understanding. Pupils will also analyse themselves, and the performance of others, making comparisons to previous performances and demonstrating improvements. Pupils will take part in question &amp; answer and discussions during lesson to assess their knowledge and will also complete a short online assessment using Microsoft Forms to check knowledge and understanding of skills, rules and tactics. Pupils will then be given a summative grade at the end of each unit of work which will then form judgements used when completing whole-school reports to parents.</p>
<p><b>Next Steps</b></p>	<p><b>Athletics</b> - This unit links to athletics units in year 8, year 9, year 10 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will develop athletics skills further and should be able to perform a range of athletics skills in isolation and under increased competitive pressure. In year 9 pupils will be encouraged to plan and implement strategies in athletics events. In year 10 pupils will develop advanced running, jumping and throwing skills and show confidence when taking part in athletics events.</p> <p><b>Rounders</b> - This unit links to the rounders units in year 8, year 9, year 10 and year 11. It can also be used by pupils at BTEC Sport as a sport that they study and are practically assessed in. In year 8 pupils will learn to use the basic principles of play to work towards successful outcomes when batting and fielding. In year 9, year 10 and year 11 pupils will develop and refine more advanced skills of match play when batting and fielding in order to outwit opponents. Batting, bowling, throwing and catching will be further developed and refined through games and conditioned situations.</p> <p><b>Cricket</b> - This unit links to cricket in year 8 and 9 and can also be used by pupils at GCSE PE level as a sport that they study and are practically assessed in. In year 8 pupils will develop core skills such as bowling, fielding and batting further and should be able to perform a range of core skills in isolation and under increased competitive pressure. In year 9 and at key stage 4 pupils will be encouraged to plan and implement batting and fielding strategies in competitive games and will develop advanced decision making and show confidence when officiating competitive games.</p>
<p><b>Opportunities for Independent Learning</b></p>	<p><b>Athletics</b> - pupils can learn more about specific athletics events from:-  England Athletics - <a href="https://www.englandathletics.org">https://www.englandathletics.org</a>  Rules for throwing events - <a href="https://www.youtube.com/watch?v=OBHQZkAAJt4">https://www.youtube.com/watch?v=OBHQZkAAJt4</a>  Rules for jumping events – <a href="https://www.youtube.com/watch?v=ONIKQX-44kM">https://www.youtube.com/watch?v=ONIKQX-44kM</a>  Rules for track events - <a href="https://www.youtube.com/watch?v=qvnGHizhUQU">https://www.youtube.com/watch?v=qvnGHizhUQU</a>  Improve your sprinting technique – <a href="https://www.youtube.com/watch?v=okssbvltsm8">https://www.youtube.com/watch?v=okssbvltsm8</a>  Improve your sprint start - <a href="https://www.youtube.com/watch?v=Drdm1WsRQwA">https://www.youtube.com/watch?v=Drdm1WsRQwA</a>  Improve your shot putt – <a href="https://www.youtube.com/watch?v=mgyV/kx6athw">https://www.youtube.com/watch?v=mgyV/kx6athw</a>  Improve your long jump technique - <a href="https://www.youtube.com/watch?v=5v9p5jBN_Hg">https://www.youtube.com/watch?v=5v9p5jBN_Hg</a></p> <p><b>Rounders</b> - pupils can learn more about rounders from:-  Rounders England - <a href="http://www.roundersengland.co.uk">www.roundersengland.co.uk</a>  Rounders Rules - <a href="https://www.youtube.com/watch?v=f5Lxiy9_L9Q">https://www.youtube.com/watch?v=f5Lxiy9_L9Q</a>  Various England Rounders YouTube videos - <a href="https://www.youtube.com/c/roundersengland/videos">https://www.youtube.com/c/roundersengland/videos</a>  Develop fielding skills - <a href="https://www.youtube.com/watch?v=YWJtqI-Jg0A">https://www.youtube.com/watch?v=YWJtqI-Jg0A</a>  Developing specialist fielding skills - <a href="https://www.youtube.com/watch?v=WC3kFvO8GRQ">https://www.youtube.com/watch?v=WC3kFvO8GRQ</a>  Developing batting skills - <a href="https://www.youtube.com/watch?v=smTBrE52Fag">https://www.youtube.com/watch?v=smTBrE52Fag</a></p> <p><b>Cricket</b> - pupils can learn more about Cricket from:-</p>



	<p>England Cricket Board - <a href="https://www.ecb.co.uk/play">https://www.ecb.co.uk/play</a></p> <p>The rules of cricket - <a href="https://www.youtube.com/watch?v=AqtpNkMvj5Y">https://www.youtube.com/watch?v=AqtpNkMvj5Y</a></p> <p>Developing fielding skills - <a href="https://www.youtube.com/watch?v=JSJ6oFjnVF0">https://www.youtube.com/watch?v=JSJ6oFjnVF0</a></p> <p>How to bat in cricket - <a href="https://www.youtube.com/watch?v=8oOj2x4_OMs">https://www.youtube.com/watch?v=8oOj2x4_OMs</a></p> <p>How to perform an overarm bowl - <a href="https://www.youtube.com/watch?v=VHTzqkFuljs">https://www.youtube.com/watch?v=VHTzqkFuljs</a></p> <p>Various cricket coaching YouTube videos from My Cricket Coach Christchurch – <a href="https://www.youtube.com/c/mycricketcoach">https://www.youtube.com/c/mycricketcoach</a></p>
<p><b>Personal Development and CEIAG</b></p>	<p><b>Athletics</b> - Pupils will develop their health and physical fitness by participating in aerobic and anaerobic exercises/events. There will be leadership opportunities with partners and working in small groups along with a responsibility for timing, recording measurements/events and making decisions whilst on the track. Pupils will use verbal communication and visual feedback to help improve performances. Pupils will need to prepare mentally when faced with a stressful and competitive situation. Coaches, personal/conditioning trainers, physiotherapists and sports agents are needed for athletes to success at the top level.</p> <p><b>Rounders</b> - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Coaches and umpires are needed for teams at local, regional and national level, along with regional and national rounders development officers.</p> <p><b>Cricket</b> - Pupils will develop their health and physical fitness, along with teamwork qualities such as communication, leadership, decision-making and problems solving when playing. As well as developing personal qualities such as independence, resilience and co-operation. Paid coaches, umpires and scorers are needed for both junior and adult teams at local, regional and national level, along with county, regional and national cricket development officers.</p>
<p><b>Enrichment Opportunities (Cultural Capital)</b></p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Attend athletics practices after school to have fun and improve your skill level</li> <li>• Represent the school athletics team at local school competitions.</li> <li>• Attend Pendle Athletics Club Training sessions – Monday and Wednesday evenings 7pm – 8pm – <a href="http://pendleac.org.uk/about-us/training-nights/">http://pendleac.org.uk/about-us/training-nights/</a></li> <li>• Attend Pendle Park run - <a href="https://www.parkrun.org.uk/pendle/">https://www.parkrun.org.uk/pendle/</a> or Burnley Park run <a href="https://www.parkrun.org.uk/burnley/">https://www.parkrun.org.uk/burnley/</a></li> <li>• Watch Usain Bolt break the 100m Men’s World record - <a href="https://www.youtube.com/watch?v=HFLuduKmnW0">https://www.youtube.com/watch?v=HFLuduKmnW0</a></li> <li>• Watch the evolution of Usain Bolt’s speed from 2004 – 2017 - <a href="https://www.youtube.com/watch?v=yunR1jc7hVU">https://www.youtube.com/watch?v=yunR1jc7hVU</a></li> <li>• Watch Women’s 100m World and Olympic Records over the years - <a href="https://www.youtube.com/watch?v=DH_Zolclgnl">https://www.youtube.com/watch?v=DH_Zolclgnl</a></li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>• Attend rounders club after school to have fun and improve your skill level and game play</li> <li>• Represent the school rounders team at local school competitions</li> <li>• Attend a play for fun rounders sessions or join a team which plays in the Burnley Rounders league - for more details about rounders in Burnley go to <a href="https://blcgroup.co.uk/activity/rounders/">https://blcgroup.co.uk/activity/rounders/</a></li> <li>• Go and watch the matches being played as part of the Burnley Rounders leagues on a Monday or Wednesday evening at Townley Park, Burnley from April to August or indoor matches Monday and Wednesday evenings from October to March at St Peter’s Leisure Centre, Burnley.</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Attend cricket club after school to have fun and improve your skill level and game play</li> <li>• Represent the school cricket team at local school competitions</li> <li>• Join or just go and watch a local cricket club such as Colne Cricket Colne - <a href="http://www.colnecc.com/">http://www.colnecc.com/</a> or Nelson Cricket Club - <a href="https://www.nelsoncricketclub.co.uk">https://www.nelsoncricketclub.co.uk</a></li> </ul>

- Go and watch a Cricket game at Old Trafford the home of Lancashire Cricket Club – <https://cricket.lancashirecricket.co.uk/> or at Headingley the home of Yorkshire Cricket Club - <https://yorkshireccc.com/>