

Topic: Athletics Year 7		Duration: 6 x 120 min lessons	Composite: Times and distance recorded Mark awarded for Athletics using any 2 events
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
CROUCH POSITION DISTANCE TECHNIQUES PERFORMANCE SPRINTING CADENCE REFINE DISCIPLINES	<p>Running Style To know that there are a variety of running styles and understand which styles are more suited to which events. To be able to describe in their own words the terms ‘cadence’ and ‘stride length’ and understand how each of these effects the speed and efficiency of the run. To be able to describe the arm and leg action as well as the optimum body position during sprinting events, To be able to sprint over short distances demonstrating this technique (high hips, relaxed neck and shoulders, still head etc.)</p> <p>Basic Sprint start To be able to perform a standing and semi-crouched sprint start. To understand how the crouched position allows the runner to start the race more efficiently and be able to describe this in basic mechanical terms. To be able to begin a sprint race using the semi-crouched start.</p> <p>Basic Long Jump To be able to take off using a variety of footwork combinations (e.g. one to two feet, two to one foot etc.) To understand the affect that the angle of take-off has on the total distance jumped. To be able to perform a basic hang technique when jumping using a shortened run-up. To be able to refine and adapt skills into techniques of the long jump To develop the precision, control and fluency of their skills within the long jump To perform the long jump with speed, height, distance, strength or accuracy, To be accurate in the replication of actions, phrases and sequences in the long jump</p> <p>Basic Shot Putt To know that the Shot Putt uses what is known as a pushing action and be able to describe this action in their own words. To be able to grip the shot (or modified other) using the correct grip and be able to check the grip of a partner. To know that the whole body must be used in order to maximise the total distance thrown. To be able to perform a basic though technically correct putt using modified equipment, starting from a side-on position and using a ¼ rotation of the upper body. To be able to refine and adapt skills into techniques of the shot putt To develop the precision, control and fluency of their shot putt To perform the shot putt with speed, height, distance, strength or accuracy, To be accurate in the replication of actions, phrases and sequences in the shot putt</p>	<ul style="list-style-type: none"> • On your Marks: - The foot is placed up to the starting line but not on it. • Set: - Bend the knees and lean forwards. • GO:- DRIVE UP AND OUT WITH LEGS <ul style="list-style-type: none"> • Use arms for lift • Head up at take off • Drive head and arms upwards. <ul style="list-style-type: none"> • Clean palm dirty neck • Sideways on • Chin, knee, toe in line 	<p>HRE various components of fitness used for the different events.</p> <ul style="list-style-type: none"> - Endurance - Speed - Strength - Coordination - Agility

	<p>Basic Discus To know that the discus uses what is known as a slinging action and be able to describe this action in their own words as well as identify the main similarities and differences between the discus and the shot. To be able to grip the disc (or modified other) using the correct grip and be able to check the grip of the partner. To know how the timing and angle of release affects the total distance thrown. To be able to perform a basic though technically correct discus throw using modified equipment, starting from a side-on position and using a ¼ turn of the upper body.</p> <p>Basic triple jump To be able to describe the order of the hop, skip and jump. To be able to identify the main similarities and differences between the long jump and the triple jump. To be able to perform a basic though technically correct triple jump from a standing start. To know how jumps are measured and be able to measure the distance jumped by others accurately To know and understand the correct techniques in approach, take off, hop, flight, skip, jump, and landing. To be able to perform the correct techniques in approach, take off, flight and landing. To know and understand the laws that govern the triple Jump</p> <p>Basic Javelin To know that the javelin using a pulling action. To be able to compare and contrast the techniques used in javelin to those of the shot putt and discus. To be able to hold the javelin using the correct grip. To be able to throw a modified javelin/implement using the correct arm movement. To be able to add a single cross over step before throwing the implement.</p>	<ul style="list-style-type: none"> • Hand above discus • ‘Chin, knee, toe, away you go’ • Bend knees <ul style="list-style-type: none"> • Alternate take off feet • Drive up with knee • Body should move upwards and out <ul style="list-style-type: none"> • <i>Point of javelin near the head.</i> • <i>Keep palm up.</i> • <i>Release occurs near front foot and as high as possible.</i> 	
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<p>Topic: <u>Physical Education – Rounders – Year 7</u></p>		<p>Duration: 6/7 Weeks Permitted in Term</p>	<p>Composite:</p>
<p>Key vocabulary:</p>	<p>Core knowledge Components</p>	<p>Powerful knowledge components crucial to commit to long term memory</p>	<p>Links to previous and future topics</p>
<p><u>Catching</u> Accurate Timing Cushion Precision Vision</p> <p><u>Throwing</u> Vision Accuracy</p>	<p><u>Catching</u> Close catching - feet shoulder width apart with weight evenly spread and on balls of feet - Hands clasp together, with fingers point to the ground, little fingers together, creating a cup shape. - Bring hands into body as you catch, cushioning the ball.</p> <p>Catching high ball - Balanced and low position, move quickly underneath the ball keeping head steady - Little fingers are touching, creating a cup shape - Hands are in line with the flight of the ball just above the eye level - Catch the ball at eye level, bringing hands in to chest to cushion catch.</p> <p><u>Throwing</u> Under-arm throwing</p>	<p>-Hands cup and cushion the ball -Eye contact with the ball to create precision - Call out to fielder receiving – Teamwork</p> <p>-Follow through with hand, pointing fingers at release point</p>	<p>Link to catching in sports such as Netball, cricket due to aim and accuracy idea.</p> <p>Links to softball, cricket and other field sports</p>

<p>Release point Power</p>	<ul style="list-style-type: none"> - grip the ball between fingers and thumb - stand facing target, feet together - take throwing arm back at 180degrees, ball facing ground - Bring arm through at same time as stepping with opposite leg - release ball with fingers pointing to target <p>Over-arm Throwing:</p> <ul style="list-style-type: none"> - Hold ball between fingers and thumb - Eyes look at target - Side on position - Align non-throwing arm with target - Take throwing arm straight back - start with weight on back foot - Bring arm straight through so the elbow is level with ear - Release the ball with a straight arm just passed the ear, not vertical, not horizontal but between the two 	<p>-Add power behind ball to increase distance -Transfer body weight from front to back to generate power</p>	
<p>Batting Aware Alert Focussed Vision Power Accuracy</p>	<p>Batting</p> <ul style="list-style-type: none"> - Sideways on with Feet shoulder width apart and Knees flexed - Batting arm back straight with the Bat up at 90 degrees to arm, held firmly in the ready position. - Watch the ball from release, Keeping head still - Swing creating a 'C' shape, bringing bat to ball with arm and bat straight - Transfer weight from back to front foot - Make contact mid swing <p>Backstopping <i>(for right handed players, opposite leg/arm from left handed players)</i></p> <ul style="list-style-type: none"> - Face bowler and Stand with left leg forward - Hands up as a target for bowler, fingers together pointing up, thumbs crossed behind - Watch the ball at all times, stay focused. 	<p>-Follow through with bat showing direction you want to place the ball -Add power behind ball to increase distance -Make contact will ball around waist height, following a 'C' shape.</p>	<p>Links to other batting/net sports such as tennis and badminton.</p> <p>Some link to badminton/Tennis referring to 'ready position'.</p>
<p>Ground Fielding Accuracy Aline Barrier React</p>	<p>Ground fielding</p> <p>Long Barrier RIGHT Hander =</p> <ul style="list-style-type: none"> - Left knee touches back of right foot so a straight barrier is created - Approach the ball at speed - Get in line early - Fingers pointing down - Watch ball into hands 	<p>-Make accurate contact with line of ball direction -Quick sharp movements and reactions -Followed by accurate throw to nearest fielder to post</p>	<p>Links to cricket and softball</p>
<p>Post work Obstruction Rule Umpire Penalty Stump</p>	<p>Post Work</p> <ul style="list-style-type: none"> -DO NOT STAND WITH FOOT ON POST -Stand with foot next to post -Stand inside diamond so not to obstruct -Stump post with ball not hand 	<p>-Accuracy/timing -Tactical positioning of fielding players -Tactical placement of ball to post</p>	<p>Links to softball and other defensive playing skills.</p>

<p>Running Ready Alert Space Outrun Stride</p> <p>Tournament Position Rules Obstruction Batting Bowling Accuracy Power Team Work</p>	<p>Running</p> <ul style="list-style-type: none"> - start low, moving on balls of feet - stride out, body upright - on approaching post, shorten stride, on balls of feet, get low and dip left shoulder, tap post on passing. - push off with right foot to next post -Only run when post ahead is free -Cannot overtake a player = outrun -Base 2 = ½ rounder if ball hit -Base 4 = 1 rounder if ball hit -Base 4 = ½ rounder if ball not hit <p>Tournament</p> <ul style="list-style-type: none"> -Skills placed into practice -Fielding = Throwing, catching, ground fielding and Backstop -Batting = Batting, running, post work 	<p>-Once past halfway to the next post, you cannot return</p> <p>-Stay alert and ready by communicating with teammates</p> <p>-Make contact with the base</p> <p>-Full rounder = Hit and make it to base 4</p> <p>-Half rounder = Hit and make it to base 2 or miss and make it to base 4</p> <p>-3 No Balls = Half rounder</p>	<p>Links to all sports needing short sharp movement e.g. sprint/netball shuttle</p> <p>Links to competitive gaming situations</p>
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