

YEAR 7ab PE CURRICULUM 2023-24

Week	Lesson	7ab/PE1	7ab/PE2	7ab/PE3	7ab/PE4	7ab/PE5	7ab/PE6
Knowledge Rich Curriculum: Stages/principles of a warmup and cool down							
1	Mon 1	Gymnastics (Bf)	Rugby (JBI)	Dance (DPo)	Handball (PDn)	Basketball (JCa)	Rugby (JBx)
	Wed 3	Gymnastics (Bf)	Rugby (JBI)	Dance (DPo)	Handball (PDn)	Basketball (ODn)	Rugby (JBx)
2	Wed 4	Football (JBI)	Gymnastics (Bf)	Netball (Su)	Basketball (PDn)	Rugby (ODn)	OAA (JBx)
	Thurs 1	Football (JCa)	Gymnastics (Ct)	Netball (Su)	Basketball (PDn)	Rugby (ODn)	OAA (JBx)

OCTOBER ½ TERM HOLIDAY

Knowledge Rich Curriculum: Names and locations of the voluntary muscles							
1	Mon 1	Netball (Bf)	Dance (DPo)	Rugby (JBI)	Rugby (PDn)	Gymnastics (JCa)	Basketball (JBx)
	Wed 3	Netball (Bf)	Dance (DPo)	Rugby (JBI)	Rugby (PDn)	Gymnastics (ODn)	Basketball (JBx)
2	Wed 4	Basketball (Bf)	Football (JBI)	Gymnastics (Su)	Hockey (PDn)	Football (ODn)	Handball (JBx)
	Thurs 1	Basketball (Ct)	Football (JCa)	Gymnastics (Su)	Hockey (PDn)	Football (ODn)	Handball (JBx)

CHRISTMAS HOLIDAY

Knowledge Rich Curriculum: Functions of the skeleton and names and locations of the bones							
1	Mon 1	Dance (DPo)	Netball (JBI)	Basketball (Bf)	Football (PDn)	Hockey (JCa)	Gymnastics (JBx)
	Wed 3	Dance (DPo)	Netball (JBI)	Basketball (Bf)	Football (PDn)	Hockey (ODn)	Gymnastics (JBx)
2	Wed 4	Rugby (JBI)	Basketball (Bf)	Football (Su)	Gymnastics (PDn)	Handball (ODn)	Hockey (JBx)
	Thurs 1	Rugby (JCa)	Basketball (Ct)	Football (Su)	Gymnastics (PDn)	Handball (ODn)	Hockey (JBx)

FEBRUARY ½ TERM HOLIDAY

CONCEPT CURRICULUM – Exploring Physical Literacy

MOTOR COMPETENCE – Gymnastics

CONFIDENCE – Rugby

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Week	Lesson	7ab/PE1	7ab/PE2	7ab/PE3	7ab/PE4	7ab/PE5	7ab/PE6
Knowledge Rich Curriculum: Types of bones and their function in sport							
1	Mon 1	Fitness (Bf)	Hockey (JBI)	OAA (PDn)	Dance (DPo)	OAA (JCa)	Fitness (JBx)
	Wed 3	Fitness (Bf)	Hockey (JBI)	OAA (PDn)	Dance (DPo)	OAA (ODn)	Fitness (JBx)
2	Wed 4	Hockey (Bf)	Fitness (JBI)	Fitness (Su)	Fitness (PDn)	Fitness (ODn)	Football (JBx)
	Thurs 1	Hockey (Ct)	Fitness (JCa)	Fitness (Su)	Fitness (PDn)	Fitness (ODn)	Football (JBx)

EASTER HOLIDAY

Knowledge Rich Curriculum: Types of joints and their movements							
1	Mon 1	Athletics (Bf)	Athletics (JBI)	Athletics (JCa)	Fitness (PDn)	Dance (DPo)	Strike & Field (JBx)
	Wed 3	Athletics (Bf)	Athletics (JBI)	Athletics (ODn)	Fitness (PDn)	Dance (DPo)	Strike & Field (JBx)
2	Wed 4	Strike & Field (Bf)	OAA (JBI)	Strike & Field (Su)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)
	Thurs 1	Strike & Field (Ct)	OAA (JCa)	Strike & Field (Su)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)

MAY ½ TERM HOLIDAY

Knowledge Rich Curriculum: The structure and function of a joint							
1	Mon 1	Athletics (Bf)	Athletics (JBI)	Athletics (JBx)	OAA (PDn)	Strike & Field (JCa)	Dance (DPo)
	Wed 3	Athletics (Bf)	Athletics (JBI)	Athletics (JBx)	OAA (PDn)	Strike & Field (ODn)	Dance (DPo)
2	Wed 4	OAA (Bf)	Strike & Field (JBI)	Hockey (Su)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)
	Thurs 1	OAA (Ct)	Strike & Field (JCa)	Hockey (Su)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)

SUMMER HOLIDAY

CONCEPT CURRICULUM – Exploring Physical Literacy

KNOWLEDGE & UNDERSTANDING - Fitness

MOTIVATION - Athletics