

YEAR 7cd PE CURRICULUM 2024-25

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

OCTOBER ½ TERM HOLIDAY

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

CHRISTMAS HOLIDAY

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

FEBRUARY ½ TERM HOLIDAY

CONCEPT CURRICULUM – Exploring Physical Literacy

MOTOR COMPETENCE – Gymnastics

CONFIDENCE – Rugby

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Week	Lesson	7cd/PE1	7cd/PE2	7cd/PE3	7cd/PE4	7cd/PE5	7cd/PE6
<u>Knowledge Rich Curriculum: Types of bones and their function in sport</u>							
1	Wed 2	Fitness (Su)	OAA (PDn)	OAA (LEv)	Dance (DPo)	Hockey (ODn)	Fitness (JBx)
2	Mon 1	OAA (Su)	Fitness (LEs)	Fitness (LEv)	Fitness (PDn)	Fitness (ODn)	Hockey (JBx)
	Wed 2	Fitness (Su)	OAA (PDn)	OAA (LEv)	Dance (DPo)	Hockey (ODn)	Fitness (JBx)
	Thurs 1	OAA (Su)	Fitness (Bf)	Fitness (LEv)	Fitness (PDn)	Fitness (JCa)	Hockey (JBx)

EASTER HOLIDAY

<u>Knowledge Rich Curriculum: Types of joints and their movements</u>							
1	Wed 2	Athletics (ODn)	Athletics (Su)	Athletics (LEv)	Hockey (PDn)	Dance (DPo)	Strike & Field (JBx)
2	Mon 1	Strike & Field (LEs)	Hockey (Su)	Strike & Field (LEv)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)
	Wed 2	Athletics (ODn)	Athletics (Su)	Athletics (LEv)	Hockey (PDn)	Dance (DPo)	Strike & Field (JBx)
	Thurs 1	Strike & Field (Bf)	Hockey (Su)	Strike & Field (LEv)	Athletics (PDn)	Athletics (JCa)	Athletics (JBx)

MAY ½ TERM HOLIDAY

<u>Knowledge Rich Curriculum: The structure and function of a joint</u>							
1	Wed 2	Athletics (Su)	Athletics (LEv)	Hockey (JBx)	Strike & Field (JCa)	Strike & Field (ODn)	Dance (DPo)
2	Mon 1	Hockey (Su)	Strike & Field (LEv)	Athletics (LEs)	Athletics (PDn)	Athletics (ODn)	Athletics (JBx)
	Wed 2	Athletics (Su)	Athletics (LEv)	Hockey (JBx)	Strike & Field (JCa)	Strike & Field (ODn)	Dance (DPo)
	Thurs 1	Hockey (Su)	Strike & Field (LEv)	Athletics (Bf)	Athletics (PDn)	Athletics (JCa)	Athletics (JBx)

SUMMER HOLIDAY

CONCEPT CURRICULUM – Exploring Physical Literacy

KNOWLEDGE & UNDERSTANDING - Fitness

MOTIVATION - Athletics