Plan of Study – Year 7

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Term | Term 1 | Term 1 | Term 2 | Term 2 | Term 2 | Term 3 | Term 3/4 | Term 4 |
| Week Commencing | 7/9, 14/9 | 21/9, 28/9, 5/10, 12/10 | 19/10, 2/11, 9/11, 16/11 | 23/11, 30/11 | 7/12, 14/12 | 4/1, 11/1, | 18/1, 25/1, 1/2, 8/2, | 22/2, 1/3, 8/3, 15/3 |
| 7AD Boys Mon 5 LFO | Baseline  (Various) | Rugby (Fields) | Football (Fields) | HRE (Various) | Inter-PE  (Various) | HRE (Various) | Basketball (Sports Hall) | Dodgeball (Pavilion MUGA) |
| Wed 1 LFO | Baseline  (Various) | Rugby (Fields) | Football (Fields) | HRE (Various) | Inter-PE  (Various) | HRE (Various) | Dodgeball (Pavilion MUGA) | Crazy Catch (Pavilion MUGA) |
| Wed 2 LFO | Baseline  (Various) | Table Tennis/Gym (Dance Studio) | Table Tennis/Gym (Dance Studio) | Badminton (Sports Hall) | Inter-PE  (Various) | Badminton (Sports Hall) | Badminton (Sports Hall) | Handball (MUGAs) |
| 7AD Girls Mon 5 MPE | Baseline  (Various) | Netball (MUGAs) | Rugby (Fields) | HRE (Various) | Inter-PE  (Various) | Dodgeball/HRE (Various) | Football (Fields) | Basketball (Sports Hall) |
| Wed 1 MPE | Baseline  (Various) | Netball (MUGAs) | Rugby (Fields) | HRE (Various) | Inter-PE  (Various) | Dodgeball/HRE (Various) | Football (Fields) | Handball (MUGAs) |
| Wed 2 MPE | Baseline  (Various) | Badminton (Sports Hall) | Badminton (Sports Hall) | Gymnastics (Dance Studio) | Inter-PE  (Various) | Gymnastics (Drama Studio or Dance) | Gymnastics (Drama or Dance Studio) | Basketball (Sports Hall) |

Plan of Study – Year 7 (Continued)

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| Term | Term  4 | Term 5 | Term 5 | Term 6 | Term 6 |
| Week Commencing | 22/3 | 12/4, 19/4, 26/4, 3/5 | 10/5, 17/5, 24/5 | 7/6, 14/6, 21/6, 28/6 | 5/7, 12/7 |
| 7AD Boys  Mon 5 LFO | Inter-PE  (Various) | Athletics (Fields) | Athletics (Fields) | Athletics (Fields) | Athletics/Inter-PE (Fields/Various) |
| Wed 1 LFO | Inter-PE  (Various) | Cricket (Fields) | Cricket (Fields) | Softball (Fields) | Softball  (Fields) |
| Wed 2 LFO | Inter-PE  (Various) | Cricket (Fields) | Cricket (Fields) | Softball (Fields) | Softball  (Fields) |
| 7AD Girls  Mon 5 MPE | Inter-PE  (Various) | Rounders (Fields) | Rounders (Fields) | Athletics (Fields) | Athletics/Inter-PE (Fields/Various) |
| Wed 1 MPE | Inter-PE  (Various) | Athletics (Fields) | Athletics (Fields) | Cricket  (Sports Hall) | Cricket (Sports Hall) |
| Wed 2 MPE | Inter-PE  (Various) | Rounders (  Fields) | Rounders (Fields) | Cricket (Fields) | Cricket (Fields) |

Assessment Objectives

AO1 - Use of a range of tactics and strategies to overcome opponents in direct competition through team and individual games

AO2 - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

AO3 - Performance of dances using advanced dance techniques within a range of dance styles and forms

AO4 - Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

AO5 - Development of technique and improvement of performance in other competitive sports

AO6 - Use of a basic range of leadership skills and styles in small and large groups of learners.

Information

Dance Studio and Drama Studio available all year Wed 1 and Wed 2

Dance Studio available Terms 1, 2, 5 and 6 Mon 5

Drama Studio available Terms 3 and 4

8BC PE on Wednesday 1 too

Y1 PE on Monday 5 too.

Inter-PE – 7/12 Y7 indoor changing rooms and Y8 outdoor changing rooms.

Inter-PE – 14/12 Y8 indoor changing rooms and Y7 outdoor changing rooms.

Inter-PE – 22/3 Y7 indoor changing rooms and Y8 outdoor changing rooms.

Inter-PE – 5/7 Y7 indoor changing rooms and Y8 outdoor changing rooms.

Inter-PE – 12/7 Y8 indoor changing rooms and Y7 outdoor changing rooms.

Key

School Changing Rooms

Pavilion Changing Rooms