

PE Year 7 Athletics

Year group 7	Subject: Athletics
Prior learning- linked to National curriculum	<p><i>This is delivered at this stage in year 7 to allow pupils to explore and develop the skills for the first time. Students are provided with a secure understanding of the content to develop across the vast range of activities in the module.</i></p> <p><i>Students will utilise the prior learning they have obtained from primary school in regards to the module as this is included in the KS2 national curriculum. Students will also utilise the transferable skills from the previous modules in year 7. All students are developing the skills and understanding at this stage in their learning journey.</i></p>
Covid gaps	Students need more time to be physically active and play in lessons as due to covid there are more prominent social, mental and physical health gaps. Our curriculum has been adapted for students to be more physically active to promote a more positive social, mental and physical health.
Rationale	Throughout athletic activities pupils will develop skills and techniques with a view to applying them appropriately. They will explore the best way to approach an activity and then perform at maximum levels. Progress will be judged upon personal improvement but competitive and challenging situations will be offered. Pupils will progress from individual and pair work to working in groups to plan, organise, prepare for and take part in competition and events in athletic activities. They will be expected to take the lead, coach and officiate.
Vocabulary:	Keywords Somatotypes, Pacing, Foot plant, Warm up, Sprint technique, Take off point, Cool down, Sprint Start, Changeover, Static stretches, Accuracy, Muscle groups, Estimate

Cultural Capital:	They will experience cultural capital through the university trips threaded through our accreditation and the links created with outside clubs during extra curricular activities and local partnerships within the local community.
Key assessments- name the assessments	End of module assessment on the topic. E To continue to improve, you need to adapt basic movements to different activities and understand tactics and composition. D To improve, you should choose actions and ideas carefully and apply them with control and coordination. S To improve, you need to consistently apply skills, techniques and ideas in different physical activities, and comment on your own and others performances M To improve, you should link skills, techniques and ideas applying them accurately. Additionally, you should be able to explain the benefits of physical activity and the importance of exercising safely
What do children know/ can do now (EDSM)	Pupils will now be able to perform and understand the basic rules and skills to be able to take part in the topic. Pupils will understand what they need to do in order to progress after their end of module assessment. Pupils know where they are within the EDSM grade after their end of module assessment and will have a clear understanding for how to improve next time.