

Subject/Dept - SOW Long term plans by Year group

Physical Education – Y7

½ Terms	Year group	Topic	Skills taught plus links to spiritual, moral, social and cultural development
Autumn 1st ½ Term	Y7	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y7	Accurate replication – students must demonstrate their ability to accurately replicate movements through gymnastics. This includes floor activities, partner balances, group balances and solo routines.	Movement skills. Analysis. Creativity. Spiritual: Using imagination and creativity in learning.
Autumn 2nd ½ Term	Y7	Orienteering – students must develop their skills in map-reading, direction, compass reading and other related skills. This unit is only delivered in Y7.	Teamwork. Communication. Moral: Recognising right and wrong and applying it Moral: Understanding the consequence of actions Social: Developing personal qualities and using social skills Social: Participating, cooperating and resolving conflicts
	Y7	Creativity and expression - students must demonstrate their ability to be creativity and express a concept through dance.	Movement skills. Analysis. Creativity. Spiritual: Using imagination and creativity in learning.

Spring 1st ½ Term	Y7	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it Moral: Understanding the consequence of actions Social: Developing personal qualities and using social skills Social: Participating, cooperating and resolving conflicts</p>
	Y7	Creativity and expression - students must demonstrate their ability to be creativity and express a concept through trampolining.	<p>Movement skills. Analysis. Creativity. Spiritual: Using imagination and creativity in learning.</p>
Spring 2nd ½ Term	Y7	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>
	Y7	Fitness and healthy lifestyles – students must demonstrate their knowledge of an active healthy lifestyle, and improve their own fitness levels.	<p>Fitness techniques, including use of the gym. Circuit training. Exercise physiology. Moral: Developing and expressing personal views or values. Moral: Investigating moral values and ethical issues. Spiritual: Developing personal values and beliefs.</p>

<p>Summer 1st ½ Term</p>	<p>Y7</p>	<p>Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.</p>	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>
	<p>Y7</p>	<p>Performing to maximum levels – students must demonstrate their ability to perform to their maximum capacity through athletic events.</p>	<p>Athletic ability. Social: Developing personal qualities and using social skills.</p>
<p>Summer 2nd ½ Term</p>	<p>Y7</p>	<p>Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.</p>	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>
		<p>Leadership – students must develop their ability to act as a leader, organising sports games and helping others to improve. World of Work link: this module will help to develop your skills as a leader.</p>	<p>Leadership. Coaching. Communication. Cultural: Exploring, understanding and respecting diversity. Moral: Developing personal qualities and using social skills. Social: Developing personal qualities and using social skills Spiritual: Understanding human feelings and emotions.</p>

