

## BY THE END OF YEAR 7

- Competent in a range of basic skills/techniques across a wide range of sports and physical activities (games, dance, individual performance, OAA)
- Applies basic knowledge to rules, strategies and basic tactics across a wide range of sports and physical activities.
- Understands a basic relationship between exercise and health.
- Has developed a positive attitude and is hardworking towards keeping physically active.
- Has developed basic communication skills.
- Shows an understanding of teamwork and can solve problems.
- Participates in exercise, sports and physical activities (out of school).

**BB=DEVELOPING**

**BS=EXPECTED**

**BG=ABOVE EXPECTED**



## YEAR 7 PE CURRICULUM (EXPLORING PHYSICAL LITERACY)



YEAR 7	MODULE 1			MODULE 2		MODULE 3	
	1-2	3-7	8-12	1-6	7-12	1-6	7-12
GROUP 1 Boys 1	BASELINE	FOOTBALL ½ ASTRO	NBALL/BBALL SH	RUGBY FIELD	DANCE/GYM FS/DS	ATHLETICS FIELD	STRIKE & FIELD ½ ASTRO
GROUP 2 Girls 1	BASELINE	FOOTBALL MUGA	RUGBY FIELD	NBALL/BBALL SH	GYM/DANCE DS/FS	ATHLETICS FIELD	STRIKE & FIELD ½ ASTRO
GROUP 3 Boys 2	BASELINE	RUGBY FIELD	FOOTBALL ½ ASTRO	GYM/DANCE DS/FS	NBALL/BBALL SH	STRIKE & FIELD ½ ASTRO	ATHLETICS FIELD
GROUP 4 Girls 2	BASELINE	NBALL/BBALL SH	FOOTBALL MUGA	DANCE/GYM FS/DS	RUGBY FIELD	STRIKE & FIELD ½ ASTRO	ATHLETICS FIELD
GROUP 5 Mixed	BASELINE	DANCE/GYM DS	RUGBY FIELD	NBALL/BBALL MUGA	FOOTBALL ASTRO	STRIKE & FIELD FIELD	ATHLETICS FIELD
<b>EXPLORING PHYSICAL LITERACY</b>							
	<b>CONFIDENCE</b>			<b>MOVEMENT COMPETENCE</b>		<b>KNOWING AND UNDERSTANDING</b>	
	1. Confidence 2. Attitudes 3. Positive approach to PE 4. Failure and growth mindset			1. Competence 2. Practice 3. Skills and techniques 4. Providing feedback		1. Fitness 2. Physical Benefits 3. Mental Benefits 4. Social Benefits	