

Greenfields Academy (Secondary) - Long Term Planning – PHYSICAL & OUTDOOR EDUCATION

Academic Year Overview 2020/21 – YEAR 7

Term	Autumn		Spring		Summer	
	1	2	3	4	5	6
TRANSITION FROM Year 6 	Health, Fitness & Anatomy	Invasion Games	Gymnastics & Trampolining	Net Games	Athletics	Striking, Fielding & Target Games
	Target Sports & Cross Country	Climbing	Ice Skating	Cycling	Navigation & Geocache	Swimming & Water Sports
Weekly Sequence	KEY: N – New Learning & Knowledge, KQ – Key Question, WSF – Whole School Focus (eg. Computing Week, Language Day)					
1	N – Fitness Testing; Aerobic, Speed/Agility, Strength & Power N – Disc Golf; driving and putting technique KQ – How Fit am I? Can you name your body parts? KQ – What is the difference between driving and putting shots? WSF – Welcome Back!	N – Consistency of object control and skill areas 1 Football, 2 Basketball, 3 Rugby. Introduce the 'game players mind-map'. N – Safety fundamentals in auto-belay climbing KQ – How can we tell if our control shows improved consistency? What are the physical coaching points for control in each sport?	N – Balances: Points of, Solo, Paired, Group N – Show understanding of protocol and safety when skating. KQ – What is balance? How do points change balance? KQ – Can you place your skates on independently? Which way round the rink should you skate? Why?	N – To understand the importance of a good ready position and to serve correctly. N – Understanding the importance of bike maintenance KQ – How can you show control and accuracy when serving? Where should you aim when serving?	N – To be able to evaluate own and others performance and provide constructive feedback to improve performance. N – Reflection on problem solving and introduction to orienteering	N – Hit the ball with consistency and control. 1. Rounders 2. Cricket N – Be able to prepare safely for a water-based activity. KQ – How does the hitting technique differ between sports?

		KQ – can you name 2 personal safety checks?		KQ – Can you create a checklist for maintaining your bike? What would you do if your bike fails a check?	KQ – Can you identify two strengths and a weakness? How could you improve upon your perceived weakness? KQ – Where did the sport of orienteering originate from? Can you define the terms control card, control descriptors and controls?	KQ – What rules need to be adhered to for safety in and around water? Can you identify the parts of a sailboat?
2	N – Fitness Training; Circuits 1 (solo) N – Disc Golf; Complete a 4 hole course in pairs (on site) KQ – What are the benefits of circuit training? KQ – How did the environment make the holes more difficult?	N – Shooting & Attack: 1 Football, 2 Basketball, 3 Rugby N – Self-Select routes based on difficulty KQ – How is shooting and scoring different across the 3 sports? What are the technique checkpoints for shooting in each sport? KQ – what makes a route more or less difficult for you?	N – Rolls: Forwards, Back, Cartwheel, Bear N – Demonstrate competency and confidence on the ice. KQ – What is a Roll? What do horizontal and vertical mean in gymnastics? KQ – Can you move forward with/without the use of an aid?	N – To replicate overhead clear with control and accuracy N – Identify and follow a trail using a map. KQ – When might a clear be used? Why is a good grip important? KQ – What hazards should you be careful of on your route? Can you schedule a safe place for a drinks break?	N – To be able to run effectively and efficiently with good technique. N – Introducing and Developing Map Skills KQ – What do the terms endurance, distancing and pace mean? How do running styles change depending on the distance? KQ – How can we identify a score, relay and cross-country form of orienteering? Can you identify different map symbols and their meanings?	N- Bowling reasonably accurately and varying the speed and flight of the ball. 1. Rounders 2. Cricket N – Sailing Techniques and Manoeuvres KQ – How does bowling differ between sports? What is a no ball? KQ – How does the wind help/hinder you?
3	N – Fitness Training; Aerobic (Fartlek, Interval, Continuous) N – Design, set and play a 6 hole course (off-site)	N – Passing & Movement: 1 Football, 2 Basketball, 3 Rugby	N – Travel, Jumps & Landings from height and floor	N – To understand the movement and preparation required for an effective smash.	N – To be able to perform a basic hurdle technique with some speed.	N – Intercept and catch the ball consistently and throw accurately when

	<p>KQ – How does your Heart Rate change in exercise? How does your Breathing Rate in exercise?</p> <p>KQ – What natural features can we use? What natural features can't we control?</p> <p>WSF – Computing – use iPad to demonstrate training methods</p>	<p>N – 2 footed push on descent, rope hold landing safely on feet</p> <p>KQ – What does the term 'create space' mean? What are the technique checkpoints for Passing in each sport?</p> <p>KQ – Can you explain safe descent and technique?</p> <p>WSF – Computing – Review video clips of elite performers passing (Barcelona, NBA, Barbarians)</p>	<p>N – To attempt to glide and dip whilst moving on the ice.</p> <p>KQ – What is the key coaching point for a good quality straight jump and land.</p> <p>KQ – Can you perform the motion on alternate feet? Are you able to move backwards?</p> <p>WSF – Computing - Video on performance and self-assess quality of movement</p>	<p>N – To choose an appropriate trail grade to cycle on.</p> <p>KQ – What type of shot is it? When would it be used? Why is your opponents positioning key to your shot selection?</p> <p>KQ – What makes this trail suitable for your ability? What do the different colour grades mean?</p>	<p>N – Extending map based orienteering and combining compass skills.</p> <p>KQ – How should the hurdles be set up? How can a stride pattern help? What is the importance of a lead leg?</p> <p>KQ – What is a compass and how is it used?</p>	<p>fielding. 1. Rounders 2. Cricket.</p> <p>N – Ropework – tying knots</p> <p>KQ – As a fielder how can you get an opponent out? What differing positions are there on the outfield?</p> <p>KQ – When have you had to tie a knot before? Can you demonstrate a figure of eight?</p>
4	<p>N – Fitness Training; Muscular Strength & Endurance</p> <p>N – Archery; introduction and safety</p> <p>KQ – What Sports would strength be important for? What jobs would strength be important for?</p> <p>KQ – How was Archery invented and why is it hazardous? Golden rules?</p>	<p>N – Moving with the Object and evasion: 1 Football, 2 basketball, 3 Rugby</p> <p>N – Explore range of hand/grip positions in ascent</p> <p>KQ – What are the technique checkpoints for dribbling and evading in possession in each sport? Why would we choose to dribble – and how is this different in Rugby?</p> <p>KQ – Do you use your hands to push or pull when climbing?</p>	<p>N – Vaulting</p> <p>N – Show control when stopping.</p> <p>KQ – What is the Vaulting? How does a take-off apparatus change your vault?</p> <p>KQ – When stopping using the half snowplough, why is it important to transfer weight onto one foot? Can you attempt the full snowplough stop?</p>	<p>N – To be able to outwit opponents using a simple disguise</p> <p>N – To work as a group to reach a destination.</p> <p>KQ – What is the importance of good shot selection in order to attack? What does the term disguise mean?</p> <p>KQ – Can you use a map? Can you assign different roles between your groups?</p>	<p>N – To understand the safety aspects involved in carrying and performing in a throwing event.</p> <p>N – Combined orienteering</p> <p>KQ – How can movement help your throwing distance? How do you measure throws accurately?</p> <p>KQ – How is literacy, numeracy and geography linked to orienteering? Can you 'read the map on the run' and use 'pace counting' to good effect?</p>	<p>N – To develop fielding skills 1. Rounders 2 cricket.</p> <p>N – Tacking – turning the front of the boat through the wind</p> <p>KQ – What is a long barrier? Which base/end is the best place to throw the ball and why?</p> <p>KQ – What is the risk involved with this manoeuvre? What does capsized mean?</p>

<p>5</p>	<p>N – Fitness Training; circuits 2 (pairs) and design your own Circuit N – Archery; technique and accuracy KQ – What are the benefits of training with a partner? KQ – What is an accurate bow arm and arrow arm position? How do you stand when shooting?</p>	<p>N – Tackling & Defence: 1 Football, 2 Basketball, 3 Rugby N – Manipulating feet and toe positions for increased ‘purchase’ in ascent KQ – What are the technique checkpoints for tackling in each sport? What does the term ‘deny space’ mean? KQ – Why is maximum foot grip/contact important in climbing?</p>	<p>N – Transfer Gymnastic skills to Trampoline and peer-assess previous award scheme level N – To glide aesthetically on the ice. KQ – Which gymnastic skills transfer to trampolining and how do you need to adapt them? KQ – Can you glide? On one foot? Using two feet on a curve?</p>	<p>N – To develop an understanding and knowledge of basic outwitting strategies. N – To plan and begin a long distance route. KQ – How could you exploit an opponent’s weakness? KQ – Why did you choose to start here? How far are you expecting to reach? Can you list the landmarks you expect to reach/pass?</p>	<p>N – To be able to perform a basic accurate legal throw with consistent distance. N – Devising Orienteering exercises and completing others devised activities. KQ – Can you demonstrate the correct standing technique? How do movements differ between different throwing events? KQ – Can you design an orienteering activity? How can it be improved?</p>	<p>N – To hit a ball in a chosen direction. 1. Rounders 2. Cricket N – Launching and Recovery KQ – What is the best place to aim after analysing fielder’s positions? How does moving feet and positioning bodies help with direction? How do you score different points? KQ – How do you ensure the boat is secure on the trolley? Can you launch from the shore independently?</p>
<p>6</p>	<p>N – Fitness Testing; Aerobic, Speed/Agility, Strength & Power N – Compete in the ‘Greenfields Biathlon’ (Cross-Country & Target) KQ – How Fit am I? How do I know? KQ – What effect does Aerobic Fitness have on your Target Sport performance? True or False – Olympic Biathletes</p>	<p>N – Game Play and Skill Selection: 1 Football, 2 Basketball, 3 Rugby N – Apply skills to competitive (speed) climbing, using PBs and 1 v 1 challenge. KQ – Can you demonstrate the game-player’s mindmap in your performance? Football, Basketball and Rugby are the same game, but different sports. How do you explain this?</p>	<p>N – Extension, Rotation and Sequence in Trampolining through BG stage progression N – To create a two-step routine on the ice. KQ – How does good extension improve trampoline performance? KQ – Are you able to stop without the use of the barrier? How could the routine be improved? Can</p>	<p>N – To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and correct shot selection. N – To plan and finish a long distance route. KQ – When should a drop shot be used? When should an overhead clear be used? How could you</p>	<p>N – To be able to perform a basic accurate legal jump with consistent distance. N – Planning of expedition and competitive relay orienteering KQ – How do you mark out and carry out an accurate run up? How can you use your arms to help with momentum?</p>	<p>N – Watch and analyse a game and then provide feedback. 1. Rounders 2. Cricket N –Sailing a route showing awareness of other water users KQ – Can you identify Strengths? Weaknesses?</p>

	can stop their Heart and Lungs whilst shooting?	KQ – Which route is your fastest and why? Can you identify the most difficult part of a set-route	you analyse yours as well as others?	disguise a shot to outwit an opponent? KQ – Can you identify where you are on the map? What landmarks can help you identify where you are?	KQ – Can you assign a role within the competitive relay activity for your team? Can you construct a route for the hill walk and consider aspects such as time, equipment and facilities? Athletics (spots day style)	How could they be improved? KQ – What does reaching, tacking and gybing mean? Cornwall Residential Inter-House Cricket and Rounders
	Inter-House Cross Country	Inter-House Invasion Game (Basketball & Uni-Hoc)	Inter-House Trampolining	Inter-House Badminton		

