Core PE: Year 7 Curriculum Map 2026/27

Week Commencing	Topic	HAIL	Assessment
Staff INSET 01/09 Students Return 02/09	**Physical Educations Standards, Expectations & Curriculum Overviews.**		
07/09/2026	**Activity 1** **Boys: Basketball -** The basic rules of basketball - understanding of the main five skills: passing, dribbling, jump stop, pivoting and shooting **/ Rugby -** Key teaching points of passing, possession & movement. **Girls: Football** – Key teaching points of passing / **Netball** – The different types of passes used in netball (chest, shoulder, bounce and overhead).	Why do we warm up? What are our 3 stages of a warm-up?	
14/09/2026	**Boys: Basketball** – How to perform the fundamental basketball skill of ball handling - dribbling **/ Rugby** – Understanding the correct technique of safe tackling. **Girls: Football** – How to dribble, receive and turn with the ball / **Netball** – What the footwork rule is in netball and how pivoting is performed.		
21/09/2026	**Boys: Basketball** - Understand the three different types of passing: bounce, chest, and overarm **/ Rugby** – The importance of support in the game of rugby. **Girls: Football** – Why control is important in the game / **Netball** – The different types of dodging used in netball (feint, sprint, double dodge).		
28/09/2026	**Boys: Basketball** - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, F-follow through **/ Rugby** – How to apply rucking to the game. **Girls: Football** – Different techniques used to shoot at goal / **Netball** – The technical points of shooting in netball.	Watch live & recorded matches to appreciate high quality performance.	
05/10/2026	**Boys: Basketball** – The technique of the lay-up **/ Rugby** - How to apply the maul to the game. **Girls: Football** – How to head the ball correctly / **Netball** – The different ways a ball can be received in netball.		
12/10/2026	**Boys: Basketball** - Player positions / **Rugby** – Identify the player positions in the game. **Girls: Football** – Positional Play & Playing Responsibilities **- competitive play / Netball** – Positional Play & Playing Responsibilities**- competitive play** Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ		
19/10/2026	**Assessment** – DDI Wave 1&2	Explain the social, physical, and mental benefits of exercise.	**Activity 1 Assessment** – DDI Wave 1&2
October Half Term			

02/11/2026	**Activity 2 (N.B. All groups rotate)** **Boys: Basketball -** The basic rules of basketball - understanding of the main five skills: passing, dribbling, jump stop, pivoting and shooting **/ Rugby -** Key teaching points of passing, possession & movement. **Girls: Football** – Key teaching points of passing / **Netball** – The different types of passes used in netball (chest, shoulder, bounce and overhead).		
09/11/2026	**Boys: Basketball** – How to perform the fundamental basketball skill of ball handling - dribbling **/ Rugby** – Understanding the correct technique of safe tackling. **Girls: Football** – How to dribble, receive and turn with the ball / **Netball** – What the footwork rule is in netball and how pivoting is performed.	**Research a Sport** – Research 3 rules for your current sport.	
16/11/2026	**Boys: Basketball** - Understand the three different types of passing: bounce, chest, and overarm **/ Rugby** – The importance of support in the game of rugby. **Girls: Football** – Why control is important in the game / **Netball** – The different types of dodging used in netball (feint, sprint, double dodge).		
23/11/2026	**Boys: Basketball** - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, F-follow through **/ Rugby** – How to apply rucking to the game. **Girls: Football** – Different techniques used to shoot at goal / **Netball** – The technical points of shooting in netball.		
30/11/2026	**Boys: Basketball** – The technique of the lay-up **/ Rugby** - How to apply the maul to the game. **Girls: Football** – How to head the ball correctly / **Netball** – The different ways a ball can be received in netball.	**Skill Analysis** – Choose one sporting skill and explain the key stages needed to perform it correctly.	
07/12/2026	**Boys: Basketball** - Player positions / **Rugby** – Identify the player positions in the game. **Girls: Football** – Positional Play & Playing Responsibilities **- competitive play / Netball** – Positional Play & Playing Responsibilities**- competitive play** Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ		
14/12/2026	**Assessment** – DDI Wave 1&2		**Activity 2 Assessment** – DDI Wave 1&2
Christmas Break			
04/01/2027	**Activity 3** **Boys – Football/Problem Solving** – Key teaching points of passing - Short/Driven Pass/ Move it! **Girls – Trampolining/Gymnastics -** Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways		**AR1**
11/01/2027	**Boys – Football/Problem Solving** – How to dribble, receive and turn with the ball/ Walking the Plank **Girls – Trampolining/Gymnastics -** Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes	**Fitness Tracker** – Record daily physical activity for one week and calculate the	**AR1**

		total time spent exercising.	
18/01/2027	**Boys – Football/Problem Solving –** Why control is important in the game? / Team Building Exercises **Girls – Trampolining/Gymnastics -** Basic jumps - seat drop, ½ twist, full twist/ Balances		
25/01/2027	**Boys – Football/Problem Solving -** Different techniques used to shoot at goal/ Minefield **Girls – Trampolining/Gymnastics -** Swivel Hips/ Rolling		
01/02/2027	**Boys – Football/Problem Solving –** How to head the ball correctly/ Egg Drop **Girls – Trampolining/Gymnastics –** Sequences		
08/02/2027	**Boys – Football/Problem Solving** - Competitive play/ Playing Card Mix-up **Girls – Trampolining/Gymnastics –** Sequences **Assessment –** DDI Wave 1&2		**Activity 3 Assessment –** DDI Wave 1&2
February Half Term			
22/02/2027	**<u>Activity 4 (N.B. All groups rotate)</u>** **Boys – Football/Problem Solving –** Key teaching points of passing - Short/Driven Pass/ Move it! **Girls – Trampolining/Gymnastics -** Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways	**Problem Solving -** Research how **problem solving** is used in sport. **Find out:** What does problem solving mean in PE?	
01/03/2027	**Boys – Football/Problem Solving –** How to dribble, receive and turn with the ball/ Walking the Plank **Girls – Trampolining/Gymnastics -** Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes		
08/03/2027	**Boys – Football/Problem Solving –** Why control is important in the game? / Team Building Exercises **Girls – Trampolining/Gymnastics -** Basic jumps - seat drop, ½ twist, full twist/ Balances		
15/03/2027	**Boys – Football/Problem Solving -** Different techniques used to shoot at goal/ Minefield **Girls – Trampolining/Gymnastics -** Swivel Hips/ Rolling	**Problem Solving -** Research how **decision-making** is used in sport. **Find out:** Why is decision-making important in sport?	
22/03/2027	**Boys – Football/Problem Solving –** How to head the ball correctly/ Egg Drop **Girls – Trampolining/Gymnastics –** Sequences		
Easter Break			
12/04/2027	**Boys – Football/Problem Solving** - Competitive play/ Playing Card Mix-up **Girls – Trampolining/Gymnastics –** Sequences **Assessment –** DDI Wave 1&2		**Activity 4 Assessment –** DDI Wave 1&2

19/04/2027	**Activity 5** **Boys & Girls – Athletics -** How to work safely, whilst performing at maximum levels in Athletics EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/	**Sports Nutrition** – Research what athletes should eat and drink before, during, and after exercise.	
26/04/2027	**Boys – Athletics** - Track Events & Sprints/Sprint Starts How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA **Girls – Athletics** - Long Jump TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj		
03/05/2027	**Boys – Athletics** - Long Jump TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj **Girls – Athletics** - Track Events & Sprints/Sprint Starts How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA		
10/05/2027	**Boys – Athletics** - Middle Distance Events Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY **Girls – Athletics** – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys	**Athlete Profile** – Research a famous athlete. What can you find out about their achievements, training, and career.	
17/05/2027	**Boys – Athletics** – Shot Put Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot **Girls – Athletics** - Middle Distance Events Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking **HAIL:** Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY		
24/05/2027	**Boys – Athletics** – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys **Girls – Athletics** – Shot Putt	**Personal Reflection** – Write about your own strengths in PE and set **one**	**Activity 5 Assessment** – DDI Wave 1&2

	Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot	**SMART goal** for improving your performance.	
May Half Term			
07/06/2027	**Activity 6** **Boys – Cricket** - Bowling - the basic techniques of the simple bowl and leg spin **Girls – Rounders -** Bowling Action - The correct height & speed https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp		**AR2**
14/06/2027	**Boys – Cricket** - Fielding – catching and throwing at different heights and distances **Girls – Rounders -** Fielding – catching and throwing at different heights and distances		**AR2**
21/06/2027	**Boys – Cricket** - Fielding - Long Barrier & 'Pick up and throw' https://www.youtube.com/watch?v=4DjueKrm3KU **Girls – Rounders -** Fielding - Long Barrier & Recovery Run		
28/06/2027	**Boys – Cricket** - Batting - Defensive shots **Front foot** - https://www.youtube.com/watch?v=LKNVPtlwkBk **Back foot** - https://www.youtube.com/watch?v=g37IMGT8DsI **Girls – Rounders -** Batting - Correct grip & stance		
05/07/2027	**Boys – Cricket** - Batting - Straight Drive **Girls – Rounders -** Batting – Scoring https://www.youtube.com/watch?v=smTBrE52Faq&t=75s	**Research a Sport** – Find out about the history, rules, equipment, and basic skills of a chosen sport.	
12/07/2027	**Boys – Cricket** – Positional Play & Playing Responsibilities – Competitive Game Play **Girls – Rounders -** Positional Play & Playing Responsibilities – Competitive Game Play Rounders England Senior Squad International Against Wales 22nd July 2012 - https://www.youtube.com/watch?v=veMacwRU9ms		