

1. Curriculum map by Year: Year 7 PE

		Lesson Focus	Homework	Assessment	Enrichment	
Autumn 1	05.09.22	Week 1	Stages of a warm-up https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1	Enrichment Clubs are advertised around school, on our website and our social media. Trips: - Champs League Fixture Interhouse Competitions: - Basketball - Netball	
	12.09.22	Week 2	Benefits of a warm-up https://www.youtube.com/watch?v=zMReVEkdEnI	Watch the following video: https://www.youtube.com/watch?v=zMReVEkdEnI		
	19.09.22	Week 3	Immediate effects of exercise https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1		
	26.09.22	Week 4	Immediate effects of exercise https://www.youtube.com/watch?v=wWGulLa000&t=15s	Watch the following video: https://www.youtube.com/watch?v=wWGulLa000&t=15s		
	03.10.22	Week 5	Trapezius / Bicep / triceps	Spellings		
	10.10.22	Week 6	Deltoid / pectorals	Revision		
	17.10.22	Week 7	Latissimus dorsi / Hip flexors	Year 7 PE Quiz 1		Year 7 PE Quiz 1
Autumn 2	31.10.22	Week 8	Gluteus maximus / abdominals	Consolidation Week	Enrichment Clubs are advertised around school, on our website and our social media. Trips: - International Football Fixture - Basketball Fixture Interhouse Competitions: - Gymnastics	
	07.11.22	Week 9	Hamstrings / quadriceps https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1		
	14.11.22	Week 10	Tibialis anterior / gastrocnemius https://www.youtube.com/watch?v=hY2fa6Q98-k	Watch the following video: https://www.youtube.com/watch?v=hY2fa6Q98-k		
	21.11.22	Week 11	Antagonistic pairs (bicep / triceps) https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3		
	28.11.22	Week 12	Antagonistic pairs (gluteus maximus / hip flexors)	Spellings		
	05.12.22	Week 13	Antagonistic pairs (hamstrings / quadriceps)	Revision		
	12.12.22	Week 14	Antagonistic pairs (Tibialis anterior / gastrocnemius)	Year 7 PE Quiz 2		Year 7 PE Quiz 2
Spring 1	02.01.23	Week 15	Consolidation week	Consolidation week	Enrichment Clubs are advertised around school, on our website and our social media. Trips: - PGL Residential Interhouse Competitions: - Dodgeball - Badminton	
	09.01.23	Week 16	Types of Joint https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3		
	16.01.23	Week 17	Flexion / Extension https://www.youtube.com/watch?v=r13a3JoOW70 https://www.youtube.com/watch?v=oA6HiaV1RIU	Watch the following videos: https://www.youtube.com/watch?v=r13a3JoOW70 https://www.youtube.com/watch?v=oA6HiaV1RIU		
	23.01.23	Week 18	Abduction / Adduction Rotation	Spellings		
	30.01.23	Week 19	Plantar flexion / Dorsi-flexion	Revision		
	06.02.23	Week 20	Knowledge Test 1	Knowledge Test 1		Knowledge Test 1
	13.02.23	Week 21	Consolidation Week	Consolidation Week		

Spring 2	27.02.23	Week 22	Cranium / clavicle / scapula	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1		<p>Enrichment Clubs are advertised around school, on our website and our social media.</p> <p>Trips:</p> <ul style="list-style-type: none"> - Netball Super League <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Football - Handball
	06.03.23	Week 23	Humerus / radius / ulna	Watch the following videos: https://www.youtube.com/watch?v=aLoY1wjmVvg https://www.youtube.com/watch?v=UYSOe06i4ps&t=74s		
	13.03.23	Week 24	Ribs / vertebrae / pelvis	Spellings		
	20.03.23	Week 24	Femur / patella	Revision		
	27.03.23	Week 26	Tibia / fibula / talus	Year 7 PE Quiz 3	Year 7 PE Quiz 3	
Summer 1	17.04.23	Week 27	Consolidation week	consolidation week		<p>Enrichment Clubs are advertised around school, on our website and our social media.</p> <p>Trips:</p> <ul style="list-style-type: none"> - Woman's FA Cup Final <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Hockey - Cross Country
	24.04.23	Week 28	Short term effects of exercise (muscles feeling heavy / DOMS)	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/2		
	01.05.23	Week 29	Fatigue / Cramp	Watch the following video: https://www.youtube.com/watch?v=N9_m9FJOEE0		
	08.05.23	Week 30	Dizziness / light headedness	Spellings		
	15.05.23	Week 31	Nausea	Revision		
	22.05.23	Week 32	Stages of a cool down	Year 7 PE Quiz 4	Year 7 PE Quiz 4	
Summer 2	05.06.23	Week 33	Benefits of a cool down	Consolidation week		<p>Enrichment Clubs are advertised around school, on our website and our social media.</p> <p>Trips:</p> <ul style="list-style-type: none"> - Cricket T20 - Indoor Athletics <p>Interhouse Competitions:</p> <ul style="list-style-type: none"> - Cricket - Rounders - Sports Day
	12.06.23	Week 34	Long term effects of exercise (reduce body weight)	Read into this in more detail: https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/3		
	19.06.23	Week 35	Increase muscle size / improve COF	Watch the following video: https://www.youtube.com/watch?v=U3U5-Bwdx0E		
	26.06.23	Week 36	Increase heart size (hypertrophy)	Spellings		
	03.07.23	Week 37	Reduce resting heart rate	Revision		
	10.07.23	Week 38	Knowledge Test 2	Knowledge Test 2	Knowledge Test 2	
	17.07.23	Week 39	Consolidation Week	Consolidation Week		

