	Year 7 PE					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	How does PE help me develop as a whole person? **Thinking Me** – How does PE improve my decision-making, concentration, and problem-solving? **Physical Me** – How does PE improve my fitness, skills, and health? **Social Me** – How does PE help me work with and relate to others? **Personal Me** – How does PE build my confidence, resilience, and self-awareness?				THINKING ME - Uses simple tactics, strategies and ideas Outlines what is good and bad about a performance Organises equipment effectively Follows simple rules or instructions PHYSICAL ME - Uses fundamental skills such as throwing, catching and running in isolation with control Demonstrates a skill or movement when assisted Completes short periods of exercise and can sustain effort in activity. Demonstrates an effective warm up SOCIAL ME - Works cooperatively during lessons Communicates what is good or bad about a performance to others Can warm up with others in a small group Sets out and uses equipment safely Can follow simple rules PERSONAL ME - Controls own behaviour Demonstrates a positive approach to learning Has confidence to participate Takes responsibility for their own learning Listens to and follows instructions from others	
Please refer to PE knowledge organiser assessment booklet	THINKING ME Applies simple fundamental movement skills in an activity PHYSICAL ME Uses fundamental skills such as throwing, catching and running in isolation with some control SOCIAL ME Works cooperatively with others during lessons PERSONAL ME Demonstrates a positive approach to learning	THINKING ME Outlines what is good and bad about a performance PHYSICAL ME Demonstrates a skill or movement when assisted SOCIAL ME Communicates what is good or bad about a performance to others PERSONAL ME Demonstrates a positive approach to learning	THINKING ME Organises equipment effectively PHYSICAL ME Completes short periods of exercise and can sustain effort in activity SOCIAL ME Can warm up with others in a small group PERSONAL ME Has confidence to participate	THINKING ME Follows simple rules or instructions PHYSICAL ME Demonstrates an effective warm up SOCIAL ME Sets out and uses equipment safely PERSONAL ME Takes responsibility for their own learning		
Vocabulary *(max 10)* Please log into MAPPER to support your child to learn these words	Problem solving Communication Attack Defence Changing speed Marking Gesture Rhythm Unison, Canon & Composition.	Physical challenge Planning and preparation pressing Formation Delaying Moving feet Composition Sequencing Timing	Direction Levels Dynamics Aesthetically Musicality Anticipation Intercepting watching the ball Following through Rebound	Floor patterns Audience Performance skills Props Attack Defence Changing speed Marking Pressing Formation	Warm up Cool down Leg drive Arm action- 'hip to lip' Sprint Pacing Speed Take off Flight Landing	Ready position Preparation Forehand Backhand stance Batting square Post fielder Line and length Wide ball Wickets Bowling
Catholic Link	**Human Dignity**	**The common good**	**Solidarity**	**Option for poor/vulnerable**	**Participation**	**Dignity of work**
Careers Link	PE teacher, Sports coach, Personal trainer, Armed forces, sports industry, public services, Sports media, Outdoor pursuit leader, sports development officer, Physio					

Ways to enrich the year 7 curriculum at home…*(max 3)*

- As a family could you exercise together, go for a bike ride, taking the dog for a walk, going hiking in a local walking area or going to a local club or park to play sports together?
- Could you watch sports video clips together from the activities delivered on your curriculum for example search on YouTube to watch a basketball match.