KS3 – Year 7 – PE

Term	Topic Titles	Brief Overview
Year 7 Curriculum of Developing Basic Movement Skills is a chance for pupils to develop movements that will underpin learning more complex skills late in the key stage. All pupils still need to work on their core movements skills and understand why they move the way they do in order for them to enjoy physical activity more. If they are more successful movers then they will enjoy what they do and take part for longer.		
1	Basic Movement Skill 7 Kick, Shoot, Aim	This topic will support the development of pupils in using the full range of limbs in shooting in a variety of different contexts. The movements learnt will modify through trial and error increasing success rate and therefore enjoyment in a range of games. Learning to kick and control an implement with their foot will increase motor development with pupils using this skill to develop game play in a range of games. Not only will they be able to shoot with feet and hands, but also with both sides of their body, developing an understanding on how it must feel (empathy) like for cognitive learners. This development will help make the higher ability pupils have more options available and therefore more versatile in their game play.
	Basic Movement Skill 3+4 Locomotion/Jumping and Landing	This topic will feature lots of ways to move in a variety of contexts and directions. Pupils will explore the difference between running at speed and running for distance and the WHY of how it is different. Exploration will also take place when pupils discover how to change direction and using multiple different game based scenarios of why this can support further development in pupils' own sporting context. Jumping and Landing safely and with precision will also feature heavily in this unit. When do we jump and how do we jump effectively to help us gain the edge over opposition. Pupils will explore different sports and how jumping is used.
2	Basic Movement Skill 5 Roll, Tumble turn	Within many sports it is important to be able to roll and turn away from your opponent, tumble in an artistic manner that looks aesthetically pleasing. Whilst looking at rolls and turns we can also look at how to do this safely in order to maximise performance but reduce risk of injury in everyday life.The skills of scrambling and climbing will involve maneuvering their body over different pieces of equipment and obstacles. Pupils will explore how to do this in the most efficient, effective but aesthetic manner.
	Basic Movement Skill 1+2 Balance, Falling/Grappling	These BMS (Basic Movement Skills) have had the greatest impact on all the other BMS. With every movement we do we must be in a position of balance/stability to perform the action successfully. Working on balance is therefore fundamental towards improving confidence/performance in physical activity. Whilst we are looking at balance we feel it's important to therefore learn how to fall as there is a high correlation between poor balance and falling, so we prevent injury as much as we can. Frolic and fighting are used within this unit for performers to work on confidence in their own strength and

		initiating contact with others. This will inturn have a positive impact on the possibility of taking part in team games reducing the fear of the contact element of sport/PA.
3	Basic Movement Skills Athletics	Learning the movements associated with athletics is important in pupils finding out how to maximise their physical being through running, jumping and throwing. Pupils will explore the key features in all 3 disciplines in athletics and which ones transfer across to others. Pupils will learn how to control their limbs in a way that will help them understand the important aspects of the athletics events and how they can be the very best version of themselves
	Basic Movement Skills 6 Throw, Catch, Hit, Aim	These BMS (Basic Movement Skills) are the skills that are linked and interweaved through our use of the other basic movement skills. The ability to throw, catch, hit and aim efficiently when in sport or physical activity enables us to open up further opportunities in situations where an individual is faced with a problem to solve. The combination of the skills above with the other movement skills, enables us to move fluently with speed and control when in real life situations in sport and physical activity. These skills when being developed will have performers working on using a positive growth mindset in challenging situations to maximise their own and others improvements.