

## Y7 Girls Autumn Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
1x a week	Football - Pupils complete a unit of football focussing on improving fundamental skills learnt at KS2 that include passing, dribbling, defending, shooting and positions. There is a good combination of skill development, gameplay, tactical awareness, strategy and scenarios.							Rugby - The Rugby unit will comprise of passing, running with the ball and handling the ball. Pupils will progress onto Contact rugby where they learn about tackling, rucks, mauls, kicking and scrums.						
1x a week	Netball - Pupils will focus on key skills such a passing, shooting, marking whilst adopting a special awareness and begin learning the positions for 7-a-side Netball. Pupils will develop their tactics and decision making.							Netball – Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics.						
1x a fortnight	Handball – The unit of Handball will focus on the key skills needed to play the game which include, passing, dribbling, shooting and defending. Pupils will develop their understanding of the game and the rules of the game.							Basketball - Pupils complete a unit of Basketball whilst concentrating on core skills such as dribbling, passing and shooting. Further development of decision making in game situations, defensive strategies and positioning.						

## Y7 Girls Spring Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
1x a week	Gymnastics - Pupils continue to develop their core skills within gymnastics, such as jumping and rotating. Pupils can progress onto the different levels of springboard and the vault whilst concentrating on looking aesthetically pleasing. Safety of the equipment and activity are discussed.						Dodgeball - Pupils build upon their pre-existing skills and look at their consistency with catching, throwing, dodging and shooting at a target. Pupils will also focus again on gameplay and sportsmanship within this unit.					
1x a week	Health Related Fitness - Improving pupils fitness through health related activities. Pupils will complete various ways of exercise. Pupils will understand how exercise affects the body and the benefits of exercising. Some fitness testing (age appropriate).						Sport Education - A unit of work focussing on pupils development around sport. This includes assigning roles including team manager, equipment organiser, coach, fitness coach and referee. Developing pupils ethos of teamwork					
1x a fortnight	Basketball – Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics.						Handball – Pupils use the skills learnt within the first term to complete a unit of teaching games for understanding. The lessons will be primarily games based and will begin to delve deeper into gameplay and tactics.					

## Y7 Girls Summer Term

Timings	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
1x a week	Athletics – Field - Pupils will continue to develop their understanding and ability on throwing and jumping events. These include long jump, triple jump, javelin, shotput and discus.						Athletics – Track - Pupils will complete age specific events within track Athletics. These include events such as 50m, 100m, 200m, 400m, 800m, 1500m and relay.						
1x a week	Rounders - The pupils will complete a Rounders unit that will recap key aspects such as throwing, catching, striking, fielding, rules and gameplay elements. A variety of skills and games will allow pupils to progress effectively. Tactics and positioning will be introduced to this unit.						Cricket - Pupils will complete a Cricket unit of work that will recap on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively. Field positioning and batting/bowling tactics are introduced.						
1x a fortnight	Striking & Fielding – This unit will combine all striking and field games and will run over the course of a term. Sports that students will be able to access and learn more about include Rounders, Cricket, Softball, Longball and more. This unit will primarily focus on gameplay.												