

Haslingden High School Year 7 Core PE Rationale

Purpose of study:

Haslingden High School offers a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. The HHS PE curriculum offers opportunities to compete in sport and activities that build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

YEAR 7	Content	Sports / Skills	Rationale / Link to NC
Autumn Programme Half Term 1	Net Games Invasion Games Gymnastic Activities Athletics	Badminton Possession Skills Football Netball Hockey Rugby Handball Trampolining Cross Country	The introduction to PE at HHS focuses on basic possession and sporting movement and the baseline assessment judgment is formed from this. Key Core Skills are taught through active, engaging lessons that allow all students to develop their technique and improve their performance. The autumn / winter blocks of work allow students to use tactics and strategies to overcome opponents in direct competition through team and individual games.
Winter Programme Half Term 2,3 + 4	Net Games Invasion Games Gymnastic Activities Health and Fitness Athletic Activities	Volleyball Table Tennis Football Basketball Unihoc Trampolining Circuits Rowing Low impact weights Indoor Athletics – Sprints / Throws / Jumps	Our winter indoor plan allows us to maintain a strong interest in sport through winter by offering a broad range of both team and individual sports. Each sport teaches a different set of core skills as well as generic transferable skills and attributes that can be used across sports. The winter plan allows us to develop sporting literacy through an active, engaging sports programme that develops the strong skill based foundation for future sporting success.
Spring and Summer Programme Half Term 5 + 6	Striking and Fielding Outdoor Athletics	Rounders Softball Cricket Track Events (100m, 200m, 300m 400m, 800m, 1500m) Field Events (Shot, Discus, Javelin, Long Jump, High Jump, Triple Jump)	As we move into the summer term, the focus becomes more individual and students have to analyse their performances compared to previous ones and compare their performance to national standards, demonstrating improvement to achieve their personal best. They also take part in culturally important summer sports and develop their striking and fielding skills.
We would want students during Year 7 to enjoy core PE and develop the confidence and interest to get involved in the extensive range of competitive fixtures, structured practices and social sports and activities after school and understand and apply the long-term health benefits of physical activity by engaging in local community sport. All significant sporting achievements will be rewarded with an invitation to our end of year Sports Awards Evening.			