

Year 7 PE mid-term plan – 3 lessons per fortnight (75 minutes per lesson)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Warming-up	Health & Fitness	Heart rate	Muscles	Nutrition	Methods of Training/Components of fitness
Assessment	Baseline (Week 1&2)/ Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 10)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 20 & 30)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 38)	
key knowledge	Warming up – Why? How? Why people participate in sport Benefits of participation Effects of exercise (Social, emotional, physical, psychological)		Pulse rate Maximum heart rates & calculations Muscle identification Muscle actions Strength & endurance		Foods we should eat for different activities Eatwell Guide Methods or training in different sports Components of fitness related to sports	
Big Ideas	Leadership/ Health and Fitness		Health and Fitness/ Tactics/ Leadership		Health & Fitness/ Leadership/ Tactics/ Fair Play/ Sportsman Ship	
Key Vocabulary	Stretches/Hamstrings/Quadriceps/Heart rate/Social, emotional, physical, psychological effects of exercise		Pulse rate/Training zones/Carotid pulse/radial pulse/Gastrocnemius/Latissimus dorsi/Gluteus maximus/Muscular strength/muscular endurance		Eatwell Guide/Nutritional benefits/Digestion/Carbohydrates/Fats/ Protein/Continuous training/Fartlek training/Interval training/Speed/power/reaction time	
Memory retrieval	Importance of exercise on the body/ Importance of warming up correctly/ How to calculate heart & pulse rate/ Muscles/ Food and nutrition					
Knowledge Mastery	<b><u>Theorist/ Tactician</u></b> Analysis and Creativity/ Knowledge and understanding					
Practical Mastery	<b><u>Athlete/Coach/ Leader</u></b> Application of skill/ Feedback and Development/ Confidence and management					
Disciplinary Literacy	Critical thinking/ problem solving/ Communication/ Use of specific sport related language/ performance analysis/ tactical awareness/ Leadership – verbal and non-verbal					