

Year 7 Curriculum Overview 2026-27

PE

Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
Half term 1 and 2	Fundamental Skills	Year 7 fundamental skills focus on developing core movement patterns such as running, jumping, throwing, catching, and balance, which underpin all areas of physical activity. Students explore key concepts including coordination, control, agility, and body awareness to improve overall physical literacy. Subject-specific vocabulary such as balance, agility, reaction time, and technique is consistently reinforced to support understanding and performance. This unit builds a strong foundation, enabling pupils to transfer these fundamental skills into a range of sports and physical activities with increasing confidence.	Build on fundamental movement skills learned at KS2	Use of KO and vocab lists in 'Do Now' tasks. Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results	- Resilience - Confidence - Self-reflection determination - Teamwork - Leadership - Respect - Adhering to rules - Coaching - Analysis - Giving feedback - Presenting/performing - Safety consciousness - Health consciousness - Decision making	MCQs Formative assessment through small sided games Summative assessment through full sided games where possible	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams. Preferential treatment for the poor: Saint John Paul II Sports
	Football	Year 7 football focuses on developing core technical skills such as passing, dribbling, shooting, and ball control, alongside an introduction to basic attacking and defending principles. Students build an understanding of key concepts including spatial awareness, control, and decision-making in simple game situations. Subject-specific vocabulary such as possession, tackle, accuracy, and teamwork is embedded throughout lessons to support communication and understanding. This foundation enables pupils to apply skills in small-sided games while developing confidence, coordination, and game awareness.		Use of task and technique cards, using keywords and vocabulary. Oracy skills through verbal feedback		Formative and summative assessment through scenario-based activities and group/individual performances Physical, mental and social to be assessed	
	Basketball	Year 7 basketball focuses on developing core skills such as dribbling, passing, shooting, and footwork, building confidence in basic game situations. Students explore key concepts including control, spacing, and decision-making to support both attacking and defending play. Subject-specific vocabulary such as possession, pivot, rebound, and accuracy is embedded to enhance					

	Table Tennis	understanding and communication. This foundation allows pupils to apply their skills in small-sided games while improving coordination, teamwork, and overall game awareness. Year 7 table tennis focuses on developing core skills such as grip, stance, serving, and basic forehand and backhand strokes. Students are introduced to key concepts including control, consistency, placement, and anticipation to support effective rallying. Subject-specific vocabulary such as spin, rally, serve, return, and accuracy is embedded to enhance understanding and communication. This foundation enables pupils to sustain rallies, apply simple tactics, and develop confidence in both cooperative and competitive game situations.					Scholarship embedded annually Providing kit for students on PP list.
	Dance	Year 7 dance focuses on developing core movement skills such as timing, coordination, balance, and control through a range of simple routines and sequences. Students explore key concepts including rhythm, expression, space, and dynamics to build confidence in performance. Subject-specific vocabulary such as unison, canon, motif, and formation is embedded to support understanding and creativity. This foundation enables pupils to create, perform, and evaluate short dance sequences while developing confidence, teamwork, and expressive movement.					Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation
	Gymnastics	Year 7 gymnastics focuses on developing core skills such as basic rolls, balances, jumps, and body control. Students explore key concepts including stability, tension, extension, and coordination to perform movements safely and effectively. Subject-specific vocabulary such as tuck, straddle, pike, balance, and sequence is embedded to support understanding and performance. This foundation enables pupils to link movements into simple sequences while building confidence, control, and body awareness.					Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	OAA	Year 7 Outdoor and Adventurous Activities (OAA) focuses on developing teamwork, communication, and problem-solving skills through a range of practical challenges. Students explore key concepts including trust, leadership, decision-making, and resilience while working in groups. Subject-specific vocabulary such as					

		strategy, navigation, cooperation, and roles is embedded to support understanding and effective participation. This foundation enables pupils to apply their skills in increasingly complex challenges while building confidence, collaboration, and outdoor awareness.					
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Spring Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Assessment Opportunities	CST
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills			
Half term 3 and 4 Pupils will take part in 2 composite s per term	Badminton	Year 7 badminton focuses on developing core skills such as grip, serve, forehand and backhand shots, and basic footwork. Students explore key concepts including control, placement, timing, and positioning to sustain rallies and outplay opponents. Subject-specific vocabulary such as shuttlecock, rally, clear, drop shot, and serve is embedded to support understanding and communication. This foundation enables pupils to apply skills in game situations while improving coordination, agility, and tactical awareness.		Use of KO and vocab lists in 'Do Now' tasks.	- Resilience - Confidence - Self-reflection	MCQ's	Human Dignity:
	Netball	Year 7 netball focuses on developing core skills such as passing, catching, footwork, and shooting, building confidence in structured game situations. Students explore key concepts including spacing, timing, and movement to support effective attacking and defending play. Subject-specific vocabulary such as pivot, marking, interception, and possession is embedded to enhance understanding and communication. This foundation enables pupils to apply skills in small-sided games while improving teamwork, coordination, and game awareness.		Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results	- Teamwork - Leadership - Respect - Adhering to rules - Coaching - Analysis - Giving feedback - Presenting/performing	Formative assessment through small sided games	Stories of immigrants and refugees that have fled conflict and played sport to a high level.
	Rugby	Year 7 rugby focuses on developing core skills such as passing, catching, tackling, and evasion, building confidence in basic game situations. Students explore key concepts including space, support play, and decision-making to create attacking opportunities and defend effectively. Subject-specific vocabulary such as try, offload, tackle, and line of defence is embedded to		Use of task and technique cards, using keywords and vocabulary. Oracy skills through verbal feedback	- Safety consciousness - Health consciousness Decision making	Summative assessment through full sided games where possible Formative and summative assessment through scenario-based activities and group/individual performances	Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne's sports teams.

	Handball	enhance understanding and communication. This foundation enables pupils to apply skills in small-sided games while improving teamwork, physicality, and overall game awareness. Year 7 handball focuses on developing core skills such as passing, catching, dribbling, and shooting, building confidence in fast-paced game situations. Students explore key concepts including space, movement off the ball, decision-making, and attacking and defending principles. Subject-specific vocabulary such as pivot, goal area, interception, and possession is embedded to support understanding and communication. This foundation enables pupils to apply skills in small-sided games while improving teamwork, coordination, and tactical awareness.					Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually Providing kit for students on PP list. Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
	Inclusive Sports	Year 7 inclusive sports such as boccia, curling (indoor adaptation), and goalball focus on developing core skills including accuracy, control, coordination, and spatial awareness. Students explore key concepts such as fairness, adaptation, teamwork, and strategy to ensure all learners can participate effectively. Subject-specific vocabulary such as target, delivery, aim, communication, and precision is embedded to support understanding and engagement. This foundation enables pupils to experience adapted sports confidently while promoting inclusion, respect, and tactical thinking in competitive and cooperative environments.					

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Summer Term	Knowledge & Understanding			Literacy Skills	Employability Skills	Assessment Opportunities	CST
	Composites	Components	Formal Retrieval	Opportunities for developing literacy skills	[if any]		
		[KEY concepts & subject specific vocab]	[if any]				

Half term 5 and 6 Pupils will take part in 2 composite s per term	Rounders	Year 7 rounders focuses on developing core skills such as throwing, catching, batting, and fielding, building confidence in basic game situations. Students explore key concepts including timing, accuracy, space, and decision-making to support effective attacking and defending play. Subject-specific vocabulary such as bowler, batter, post, backstop, and rounder is embedded to enhance understanding and communication. This foundation enables pupils to apply skills in small-sided games while improving teamwork, coordination, and game awareness.	‘Do Now’ activities based on prior learning	Use of KO and vocab lists in ‘Do Now’ tasks.	- Resilience - Confidence - Self-reflection determination - Teamwork - Leadership - Respect - Adhering to rules - Coaching - Analysis - Giving feedback - Presenting/performing - Safety consciousness - Health consciousness Decision making	MCQ’s	Human Dignity: Stories of immigrants and refugees that have fled conflict and played sport to a high level. Peace: Sportsmanship and resolving conflict rather than behaviours we would not want to exhibit on a sports field or around school Solidarity: Team work and the pride in representing St Anne’s sports teams. Preferential treatment for the poor: Saint John Paul II Sports Scholarship embedded annually Providing kit for students on PP list.
	Athletics	Year 7 athletics focuses on developing core skills such as running, jumping, and throwing through a range of track and field events. Students explore key concepts including speed, power, endurance, technique, and personal bests to improve performance. Subject-specific vocabulary such as sprint, relay, take-off, landing, and distance is embedded to support understanding and progression. This foundation enables pupils to refine fundamental athletic techniques while building confidence, fitness, and competition awareness.	Application of skills into competitive situations	Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/record results		Formative assessment through small sided games	
	Cricket	Year 7 cricket focuses on developing core skills such as batting, bowling, fielding, and catching, building confidence in basic game situations. Students explore key concepts including timing, accuracy, decision-making, and teamwork to support both attacking and defensive play. Subject-specific vocabulary such as wicket, over, innings, boundary, and run is embedded to enhance understanding and communication. This foundation enables pupils to apply skills in small-sided games while improving coordination, tactical awareness, and overall game understanding.	Transfer of knowledge, understanding and skills from one activity area to another.	Use of task and technique cards, using keywords and vocabulary.		Summative assessment through full sided games where possible	
	Padel	Year 7 padel focuses on developing core skills such as serving, forehand and backhand shots, volleying, and basic positioning in a confined court space. Students explore key concepts including control, rebound off walls, placement, and decision-making to sustain rallies and create scoring opportunities. Subject-specific vocabulary such as glass wall, volley, lob, rally, and serve is embedded to support understanding and communication. This foundation enables pupils to apply skills in cooperative and competitive situations while	Demonstrating good physical fitness or improvements in fitness	Oracy skills through verbal feedback		Formative and summative assessment through scenario-based activities and group/individual performances	

		improving coordination, tactical awareness, and reaction time.	activity area to another through interleaving				Participation: St John Paul II Sport Scholarship set up to create opportunities and increase participation Common Good: Charity work for Mary's Meals, local links with sports clubs and primary schools (SCFC intervention)
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