

## Core P.E. Year 7 Learning Intentions Spring Half Term 2      2024-2025

Year 7	7CR 1 & 5	7CR 2 & 6	7CR 3 & 4
	Badminton	Hockey	Dance
WEEK 22 wc 24 <sup>th</sup> February	<p>Badminton</p> <ul style="list-style-type: none"> <li>To know how to set up a badminton court.</li> <li>To know about the different resources required for a badminton game.</li> <li>To know and understand the basic grip and handle skill.</li> <li>To be able to keep a rally.</li> </ul>	<p>Introduction to the game.</p> <p><b>Equipment and safety introduction:</b> how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p><b>Ready Position:</b> whole group running on whistle get into ready position. Last one ready out.</p> <p><b>Dribbling: basic technique.</b> Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>	<p><b>Dance</b></p> <p><b>The Haka</b></p> <p>Intro to the Hakka.</p> <p>To understand the origin of 'The Hakka' and to learn the words of the dance.</p>
	<p>Badminton</p> <ul style="list-style-type: none"> <li>To introduce and understand the ready position in badminton.</li> <li>To know the court dimensions for both singles games and doubles games.</li> <li>To know and understand the basic singles and doubles rules.</li> <li>To know and understand the badminton scoring system.</li> </ul>	<p>Dribbling control.</p> <p><b>Progression: Vision</b></p> <p>Looking up: as dribble towards partner look up</p> <p><b>Progression: dribble &amp; push</b></p> <p>Opposite partners in 4's cone on middle when reach the cone push to partner.</p> <p>Take ball/puck for a walk passing ball between each other.</p> <p>Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>	<p>To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions.</p> <p>Haka 'face off' to encourage the emotions of the dance.</p>
WEEK 23 wc 3 <sup>rd</sup> March	<ul style="list-style-type: none"> <li>To know the teaching points for the backhand serve in badminton.</li> <li>To be able to perform the backhand serve in isolation.</li> <li>To be able to perform the backhand serve in a conditioned practice.</li> <li>To be able to perform the backhand serve in a competitive game.</li> </ul>	<p>Pass and go:</p> <p>Getting feet around the ball:</p> <p>Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1:</p> <p>X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>	<p><b>Devise the choreography for the new team Hakka.</b></p> <p>Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.</p>

	<p>Badminton</p> <ul style="list-style-type: none"> <li>To know the teaching points for the forehand serve in badminton.</li> <li>To be able to perform the forehand serve in isolation.</li> <li>To be able to perform the forehand serve in a conditioned practice.</li> <li>To be able to perform the forehand serve in a competitive game.</li> </ul>	<p>Possession: Focus upon control and stopping the ball/puck 2 touch passing 3v1 game: How many passes before lose possession. Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>	<p>Looking at adding levels, direction, thinking about creating own arm movements. Practice as a group and perform what they have created so far to another group. Criteria: Loud voices, Clear &amp; strong gestures and timing.</p>
WEEK 24 wc 10 <sup>th</sup> March	<p>To know the teaching points for the overhead clear shot. To be able to force their opponent to the back of the court using power. To use the overhead clear to win points in a rally.</p>	<p>Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.</p>	<p><b>Self Assessment:</b> Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.</p>
	<p>Assessment lesson: Students play mini tournament demonstrating their skills learnt throughout the 3 weeks</p>	<p>Game Play &amp; Assessment Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.</p>	<p><b>Final Performances</b> Students will rehearse own dance thinking about where the audience will be sat and then perform.</p>
	Hockey	Dance	Basketball
WEEK 25 wc 17 <sup>th</sup> March	<p>Introduction to the game. <b>Equipment and safety introduction:</b> how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc. <b>Ready Position:</b> whole group running on whistle get into ready position. Last one ready out. <b>Dribbling: basic technique.</b> Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>	<p><b>Dance</b> <b>The Haka</b> Intro to the Hakka. To understand the origin of 'The Hakka' and to learn the words of the dance.</p>	<p>To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Basketball.</p>
	<p>Dribbling control. <b>Progression: Vision</b></p>	<p>To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions.</p>	<p>To introduce &amp; understand where passing is used in basketball.</p>

	<p>Looking up: as dribble towards partner look up</p> <p><b>Progression: dribble &amp; push</b></p> <p>Opposite partners in 4's cone on middle when reach the cone push to partner.</p> <p>Take ball/puck for a walk passing ball between each other.</p> <p>Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>	<p>Haka 'face off' to encourage the emotions of the dance.</p>	<p>To be able to outwit opponents with passes and angled runs.</p> <p>To begin to understand the need of tactical movements to invade opponent's basket.</p>
<p>WEEK 26 wc 24<sup>th</sup> March</p>	<p>Pass and go:</p> <p>Getting feet around the ball:</p> <p>Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1:</p> <p>X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>	<p><b>Devise the choreography for the new team Hakka.</b></p> <p>Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.</p>	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>To develop an understanding of the rule of travelling in Basketball.</p>
	<p>Possession:</p> <p>Focus upon control and stopping the ball/puck</p> <p>2 touch passing</p> <p>3v1 game: How many passes before lose possession.</p> <p>Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>	<p>Looking at adding levels, direction, thinking about creating own arm movements.</p> <p>Practice as a group and perform what they have created so far to another group.</p> <p>Criteria: Loud voices, Clear &amp; strong gestures and timing.</p>	<p>To understand and know the benefits of the different types of shot.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>
<p>WEEK 27 wc 31<sup>st</sup> March</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>	<p><b>Self Assessment:</b></p> <p>Using the tablets to video own dance.</p> <p>Make adjustments.</p> <p>Thinking about how they can challenge themselves to make their routine original.</p>	<p>To perform a basic layup technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>

	<p>Game Play &amp; Assessment Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.</p>	<p><b>Final Performances</b> Students will rehearse own dance thinking about where the audience will be sat and then perform.</p>	<p>Assessment lesson: Students play mini tournament demonstrating their skills learnt throughout the 3 weeks</p>
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