BISAK

Year 7 – Physical Education

V1 2026

	Term 1		Term 2		Term 3	
Overview	**Unit 1. Badminton & Fitness Testing** Pupils will develop basic badminton skills including serving, rallying and movement, while also completing fitness tests to understand their own physical strengths and areas for development.	**Unit 2. Football & Basketball** Pupils will develop core invasion game skills including passing, dribbling, shooting, movement, teamwork and tactical awareness through conditioned practices and gameplay.	**Unit 3. Athletics** Pupils will develop running, jumping and throwing techniques while aiming to improve personal performance across a range of athletic events.	**Unit 4. Striking & Fielding** Pupils will develop striking, catching, throwing and fielding skills while learning how to apply tactics in game situations.	**Unit 5. Gymnastics & OAA** Pupils will develop balance, control, flexibility and sequence work in gymnastics, alongside communication, teamwork and problem-solving through outdoor adventurous activities.	**Unit 6. Table Tennis, Health Related Fitness & Inter-Form Competitions** Pupils will develop table tennis skills including serving and rallying, revisit health-related fitness and apply teamwork, leadership and sportsmanship through inter-form competitions.
Key Skills	Grip, serving, footwork, coordination, rallying, fitness testing and personal reflection.	Passing, dribbling, shooting, defending, movement, teamwork and decision-making.	Sprinting, pacing, jumping, throwing, technique and personal performance.	Striking, catching, throwing, fielding, tactical awareness and teamwork.	Balance, flexibility, body control, sequencing, communication and problem-solving.	Serving, rallying, fitness knowledge, teamwork, leadership, communication and sportsmanship.
Assessment Focus	Skill execution in badminton and completion of fitness testing with reflection on results.	Application of core skills and tactics during conditioned games.	Technique development and improvement in personal athletic performance.	Application of striking, fielding and tactical skills during gameplay.	Quality of gymnastics sequence work and contribution to OAA challenges.	Table tennis performance, fitness understanding and contribution to inter-form competitions.

Assessment format: Most units include formative skill practices, peer/self-assessment opportunities using success criteria and a final summative practical assessment based on performance, teamwork and application of skills during gameplay or activities.