

Year 7 Long Term Scheme of Learning 2025-26

Subject: PE

HELSBY

High School



Date	Exams/ Assess	Year 7 ACQUISITION OF FUNDAMENTAL SKILLS AND PRINCIPLES			
1/9/25					
8/9/25					
15/9/25					
22/9/25					
29/9/25					
6/10/25					
13/10/25					
20/10/25					
3/11/25					
10/11/25					
17/11/25					
24/11/25					
1/12/25					
8/12/25					
15/12/25					
5/1/26					
12/1/26					
19/1/26					
26/1/26					
2/2/26					
9/2/26					
23/2/26					
2/3/26					
9/3/26					
16/3/26					
23/3/26					
30/3/26					
20/4/26					
27/4/26					
4/5/26					
11/5/26					
18/5/26					
1/6/26					
8/6/26					
15/6/26					
22/6/26					
29/6/26					
6/7/26					
13/7/26					

Invasion Games (football, basketball, netball, tag rugby)

Students will learn simple tactics of attack and defense including width, mobility, pressure, and depth that can be applied to small-sided games. They will be taught to engage in co-operative and competitive activities with others and develop their fundamental

movement skills including passing and receiving, footwork, moving with the ball, tackling/intercepting/guarding and shooting/scoring.

Net/wall games (badminton, tennis, dodgeball)

Students will learn simple tactics of consistency, attack, and defense that can be applied to adapted games including positioning, skill mechanics, shot placement, and recovery position. They will be taught to engage in co-operative and competitive activities with others and develop their fundamental movement skills including grip, serving, overhead and underhand shots.

Striking and fielding games (cricket, rounders)

Students will learn simple tactics of how to score runs and how to stop the opposition scoring runs including accurately hitting the ball and making hitting difficult that can be applied to small-sided games. They will be taught to engage in co-operative and competitive activities with others and develop their fundamental movement skills including the batting skills of grip, stance and footwork, bowling skills of grip, delivery and follow through, and fielding skills of stopping and returning, and catching.

Health & Fitness & Running activities

Students will be taught to exercise safely and effectively to improve health and wellbeing and to increasingly understand and apply the long-term health benefits of physical activity. They will experience a variety of methods of training including circuit, HITT, interval, continuous and fartlek. They will be introduced to the components of fitness including cardiovascular fitness, strength, muscular endurance and the principles of training including specificity and progressive overload.

Athletics

Students will be taught to develop their fundamental movement skills in relation to running (starts, posture, pacing, leg and arm action, coordination of legs and arms and stride pattern), jumping (run-up, take-off, flight and landing) and throwing (grip, preparation, movement and release), and how to apply these skills in both track and field events becoming increasingly competent and confident.

Dance

In dance students will be taught to perform dances using dance techniques including travel, balance, turning, jumps and motifs in order to explore ideas, concepts and emotions.

All activities

In all activities students will be given the opportunity to make suggestions as to how to improve their own and others' performance, learn a basic level of performance in role as leader and learn how to help to organise equipment and participants.

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