

Subject	Year 7 Threshold Knowledge – Autumn/Spring/Summer term	How to support students' learning
PE	<p>Autumn/Spring/Summer Term</p> <p>Athletics -</p> <ol style="list-style-type: none"> 1. Demonstrate the correct grip technique for at least one throw. 2. Understand that pacing is important in a middle/long-distance running event. 3. Demonstrate the basic technique to achieve maximum speed when performing a sprint. 4. Demonstrate the basic jumping technique in at least one jump event. 5. Strive to achieve their own personal best in performance. 6. Demonstrate how to prepare the body effectively for a variety of activities. <p>Badminton -</p> <ol style="list-style-type: none"> 7. Demonstrate how to grip the racket correctly. 8. Use ready stance. 9. Use at least one type of serve to start a competitive rally. 10. Play the overhead clear over the net past service line. 11. Play the backhand clear over the net. 12. Play a variety of shots in a rally to move opponent. 13. Score a singles game. 	<ul style="list-style-type: none"> • Join a local athletics club (Tamworth/Nuneaton) to develop your technique. • Encourage your child to attend the school club for extra practice. • Discuss the requirements for different events with your child and encourage them to record and improve their personal bests. • Watch athletics events live on TV or on YouTube. Watch world records and coaching videos for individual events. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. <ul style="list-style-type: none"> • Book a court at a local sports centre to play. • Encourage your child to attend the school club for practice. • Watch badminton matches/skills on YouTube/TV (e.g., https://www.badmintonskills.net/badminton-skills-and-techniques/) • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you.

	<p>Couch 2 5K -</p> <ol style="list-style-type: none"> 14. Complete a couch to 5k session with some success relative to their ability. 15. Understand the importance of pacing in a training session. 16. Understand and demonstrate the short-term effects of exercise. 17. Understand how running can help them to maintain a healthy lifestyle. 18. Show resilience in their work. 19. Follow and perform an effective warm up. <p>Dance -</p> <ol style="list-style-type: none"> 20. Copy specific stylistic movements. 21. Understand street dance/hip-hop as a dance style. 22. Recognise and understand specific terminology in dance. 23. Understand the importance of timing in choreography. 24. Contribute positively to group effort. 25. Understand the importance of a dance warm up. 26. Understand some choreographic devices. <p>Football -</p> <ol style="list-style-type: none"> 27. Use at least two different parts of the foot to manipulate the ball. 28. Use correct part of the foot to pass the ball accurately. 29. Control the ball using their foot. 	<ul style="list-style-type: none"> • Go for a run as a family. • Download free Apps to track their runs (Strava, Couch 2 to 5K NHS). • Join local running club/park runs/athletics club (Tamworth/Nuneaton) https://www.parkrun.org.uk/ • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. <ul style="list-style-type: none"> • Watch professional street/hip-hop companies on YouTube (e.g., boy blue entertainment, Zonation and annual ‘breakin convention’). • Encourage your child to attend the school club and annual dance shows for extra practise and confidence. • To aid with movement memory and confidence, challenge students to either perform or teach others key moves, warm up and dance phrase. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. <ul style="list-style-type: none"> • Practice ball familiarisation skills used in lessons to develop confidence with both feet. https://www.youtube.com/watch?v=q1B4is3faOM
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	<p>30. Move with the ball with some control.</p> <p>31. Attempt to select the correct option to pass or move with the ball.</p> <p>32. Attempt to move into space to receive the ball.</p> <p>33. Attempt to use their body to shield the ball.</p> <p>34. Demonstrate good etiquette, sportsmanship and respect.</p> <p>35. Warm up and cool down safely.</p> <p>Handball -</p> <p>36. Use at least one type of pass to pass the ball accurately - Over arm pass, bounce pass, flick pass and under arm pass.</p> <p>37. Move into space to receive the ball.</p> <p>38. Use passing to keep possession of the ball.</p> <p>39. Shoot with accuracy.</p> <p>40. Understand at least one role in defence.</p> <p>41. Link two or more skills together in a small, sided game.</p>	<ul style="list-style-type: none"> • Encourage your child to attend the school football club to develop skills and confidence. • Explore getting your child involved in local youth football. Visit the FA website club finder to find accredited organisations. https://www.thefa.com/get-involved • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. <ul style="list-style-type: none"> • Get involved in any sport that you need to dodge, run, catch, and throw. • Watch Handball matches on TV or YouTube matches/skills – e.g., Olympic and World Championships. • Join the Handball club in school. • Contact your local handball club (Loughborough/Coventry/Birmingham). • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. • Ask your child to lead a warm-up with the family. • Discuss different sports and what is needed to participate in that sport. • Encourage them to develop their fitness and have a go at a type of training at home. • Ask your child about “ME in PE” and discuss the
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	<p>characteristics they have developed in PE.</p> <ul style="list-style-type: none"> • Encourage your child to discuss homework tasks with you. • Discuss different sports and what is needed to participate in that sport. • Test them on the different fitness components and can they explain them to you. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and foot coordination skills (e.g., skipping or hopscotch) at home. • Encourage your child to attend the school club for practice. • Research local netball clubs/teams to join https://www.englandnetball.co.uk/play-netball/find-a-session-or-club/ • Watch netball drills on-line https://www.youtube.com/watch?v=8WxpyyUwQIQ https://www.youtube.com/watch?v=sGPHv-hkBV8 or watch parts of matches on YouTube/TV https://www.youtube.com/watch?v=H25dND9cJuQ • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.
	<p>HRF Practical -</p> <ol style="list-style-type: none"> 42. Complete 3 phases of warm-up. 43. Name 3 fitness components and where they may be needed. 44. Complete the fitness tests. 45. Name 3 methods to improve fitness through training. <p>HRF Theory -</p> <ol style="list-style-type: none"> 46. Explain difference between fitness and health. 47. Identify at least 3 health related fitness components. 48. Identify 3 skill related components. 49. Link 3 tests to fitness components. 50. Explain in basic terms the fitness profile of sports/performer. <p>Netball -</p> <ol style="list-style-type: none"> 51. Demonstrate correct landing footwork (one-footed and two-footed) and pivoting with control under some pressure. 52. Use 4 different types of passes (chest / bounce / shoulder / overhead) in drills and perform a range of passes in a game. 53. Show footwork and passing variations within their game play. 54. Catch a range of passes using the correct stance and ‘W’ hand position. 55. Create and move into space to support team-mates. 56. Apply pressure to the opposition by marking their player on and off-ball. 57. Observe many of the major rules, including footwork, obstruction, contact and offside.

	<p>Problem Solving -</p> <ul style="list-style-type: none"> 58. Successfully complete the tasks set as part of their group. 59. Contribute towards tasks physically. 60. Contribute towards tasks verbally. 61. Lead a small group for at least part of a task. <p>Rounders -</p> <ul style="list-style-type: none"> 62. Demonstrate the correct techniques to catch the ball consistently under limited pressure. 63. Bowl underarm with some accuracy using the correct technique. 64. Throw with some accuracy using overarm. 65. Describe and demonstrate the correct batting technique and consistently hit a gentle bowl using correct technique. 66. Identify and explain the main pitch lines. 67. Explain the rules of no-ball / obstruction / backwards hit and the rules for a batter. 	<ul style="list-style-type: none"> • Encourage your child to discuss homework tasks with you. • Ask them to explain what they have been doing. • Ask them to explain, demonstrate and lead some activities they have done in lessons with family/friends. • Look at local Scout/Brownie/Cadet groups. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and running skills at home (e.g., forwards/backwards relays/ball collect). • Encourage your child to attend the school club for practice. Find local rounders clubs/teams to join https://www.roundersengland.co.uk/play/ • Watch rounders drills on-line https://www.youtube.com/watch?v=kWCNpoJ9vXA https://www.youtube.com/watch?v=smTBrE52Fag • Watch parts of matches on YouTube https://www.youtube.com/watch?v=EGcimxQM0v0 • Encourage them to talk about health and fitness and what makes a person healthy. • Ask your child about “ME in PE” and discuss the
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	<p>Rugby -</p> <ul style="list-style-type: none"> 68. Explain the correct technique to catch the ball. 69. Understand the concept of moving into space in order to receive the ball. 70. Demonstrate how to run with the ball. 71. Understand how to beat an opponent. 72. Demonstrate how to use a front tackle. 73. Explain the technique of the front tackle. 74. Outwit an opponent using running, passing and catching skills. <p>Volleyball -</p> <ul style="list-style-type: none"> 75. Play a 'catch' volley. 76. Move to a position to catch the ball. 77. Use the 'ready' position. 78. Play a cooperative volley rally over the net. 79. Play the overhead hit serve. 80. Hit shot #3 into space on opponents' side. 81. Score a basic game (e.g. 2v2, 3v3). 82. Play the reverse volley. 	<p>characteristics they have developed in PE.</p> <ul style="list-style-type: none"> • Encourage your child to discuss homework tasks with you. • Contact your nearest rugby club (Tamworth, Atherstone, Nuneaton, Market Bosworth). • Encourage your child to attend the school rugby club or practice. • Get involved in any games that involve dodging, running, throwing, and catching. • Watch a rugby game on TV or live/skills on YouTube. • Ask your child about "ME in PE" and discuss the characteristics they have developed in PE. • Encourage your child to discuss homework tasks with you. • Encourage your child to attend the school club for practice. • Watch volleyball matches/skills online. The following are good to use: https://www.youtube.com/c/Volleyball1on1Videos • https://www.youtube.com/watch?v=Foj6A4WWgCg • Join a volleyball club – both Tamworth Spartans and Nuneaton Volleyball Club are recommended and have links with the school. • Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.
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