

**My Football Journey**

**Year 7**



• **Week 1**

1. Movement with the ball- Dribbling

• **Week 2**

2. Passing

• **Week 3**

3. Shooting

• **Week 4**

4. Outwitting Opponents- Use of Space

• **Week 5**

5. Defending and Tackling Techniques

• **Week 6**

6. Game play - Application of skill & game play knowledge.

6. Skills and Games Assessment (CAT Grade)

**Honesty**

- Being truthful about your effort and performance.
- Sticking to the rules and etiquette of the activity.
- Communicating openly with teachers, coaches and each other.

Act on advice

Participate

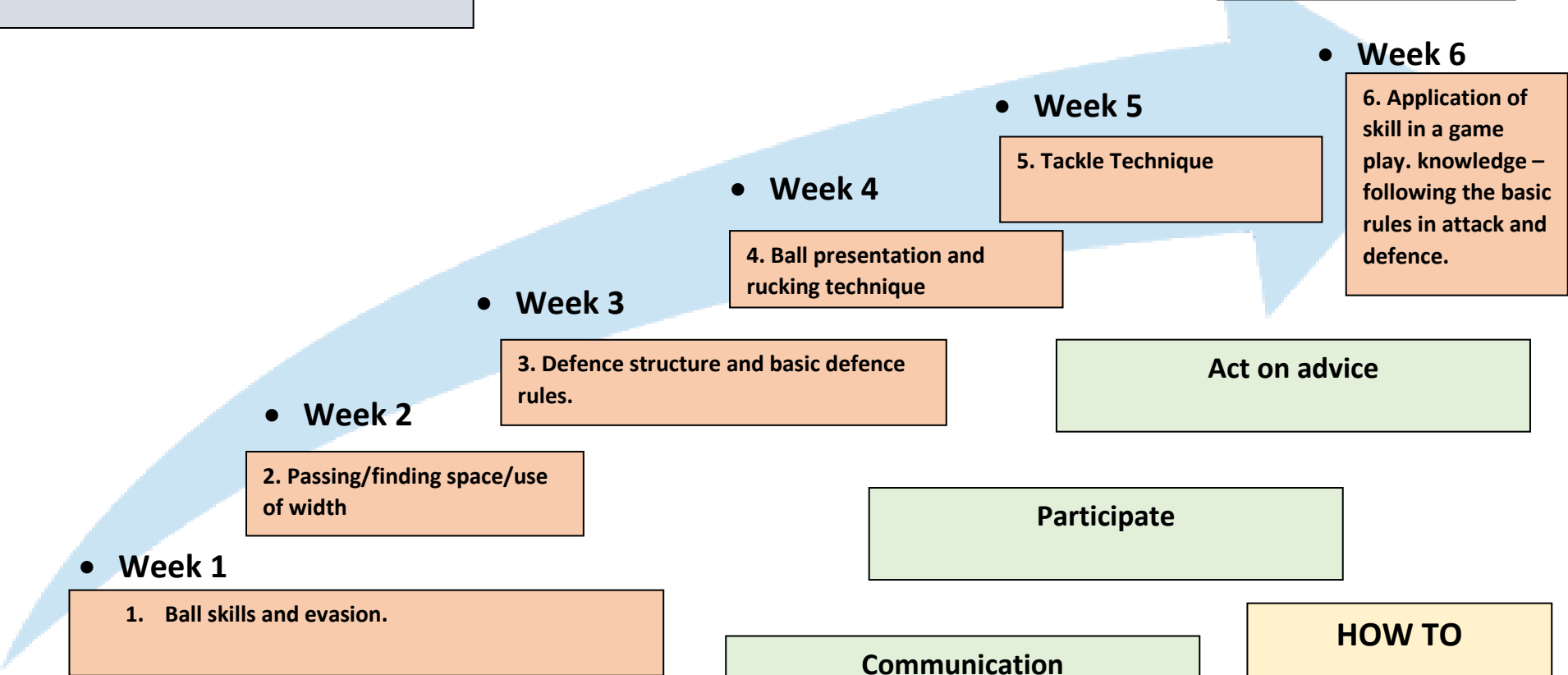
Communication

Resilience

Teamwork

**My Rugby Journey**  
**Year 7**

**6. Skills and Games Assessment (CAT Grade)**



**Act on advice**

**Participate**

**Communication**

**Resilience**

**Teamwork**

**HOW TO**  
**Respect**  
**Excellence**  
**Adventure**  
**Commitment**  
**Honesty**  
**IN RUGBY**



## My Hockey Journey

Year 7

### • Week 1

1. Dribbling – grip and ball familiarisation



### • Week 2

2. Passing and receiving using the push pass

### • Week 3

3. Introducing the block tackle

### • Week 4

4. Shooting technique and tactics

### • Week 5

5. Rules, roles and positions in a competitive game

### • Week 6

6. Application of skills to a game – playing and umpiring a hockey match

6. Skills and Games Assessment (CAT Grade)

### HOW TO

Respect

Excellence

Adventure

Commitment

Honesty

IN HOCKEY

My Gymnastics Journey  
Year 7

Skills and OGCU  
Assessment (CAT Grade)

• Week 6

Assessment –  
applying skills and  
gymnastic devices  
to a sequence

• Week 5

Linking skills to  
create sequences

• Week 4

Inverted  
balances and  
skills

• Week 3

Pair balances

• Week 2

Basic agilities (rolls, rotations and methods of travel)

• Week 1

Individual balances & shapes

Reflective

Participation

Communication

Resilience

Creativity

**HOW TO**  
Respect  
Excellence  
Adventure  
Commitment  
Honesty  
**IN Gymnastics**



My Netball Journey  
Year 7

Skills and Games  
Assessment (CAT Grade)

• **Week 6**  
Game play -  
Application of  
skill & game play  
knowledge.

• **Week 5**  
Positions, roles &  
responsibilities on court

Shooting

• **Week 3**  
Defence – Marking (Stage 1)  
1m Rule (Stage 2)

Footwork

• **Week 2**  
Attacking principles - Change of direction & speed

• **Week 1**  
Importance of a warm up (How & Why)  
applied to a netball player

Passing - Chest/Shoulder/Bounce/Overhead

Act on advice

Participate

Communication

Resilience

Teamwork

**HOW TO**  
Respect  
Excellence  
Adventure  
Commitment  
Honesty  
**IN NETBALL**



### Start

By the end of year 7 I will have competed the following:



### Shot put

- I can accurately replicate the technique for an effective shot.
- Understand the rules regarding throwing and landing

### Long Jump

- I can replicate the technique for an effective long jump.
- I understand the rules of take-off and landing.

### Javelin

- I can accurately replicate the technique for an effective standing throw.
- Perform the event and record the distance achieved.

## My Year 7 Athletic Journey

### **Athletics soft skills, I can:**

- Perform and record distances/ times for the event.
- Understanding the rules and safety for throwing and landing events.

### Sprints 100/200m

- To perform a basic technique for an effective sprint race.
- Evaluate performers and suggest improvements to technique.

### Relay 4X100m

- I can replicate the down/ upsweep in the changeover of batons.
- I can make decisions of pupils positioning around the track in regard to their strengths.

### Middle distance 800m

- I can accurately replicate basic technique for an effective pace.
- Perform an 800m race keeping technique correct and ability to pace my performance for 2 laps.

### High Jump

- I can state and describe the Fosbury flop and scissor kick.
- I can explain and state how to perform a chosen jump.

My Volleyball Journey

Year 7



• **Week 2**

2. Introducing the set technique



• **Week 3**

3. Introducing the dig technique



• **Week 4**

4. Underarm serve technique

• **Week 5**

5. Rules, roles and positions in a competitive game

• **Week 6**

6. Application of skills to a game – playing and umpiring a volleyball match

6. Skills and Games Assessment (CAT Grade)

• **Week 1**

1. Ball familiarisation and the ready position

**HOW TO**  
Respect  
Excellence  
Adventure  
Commitment  
Honesty  
**IN VOLLEYBALL**

My Rounders Journey

Year 7



• **Week 1**

1. Throwing and catching – overarm and underarm

• **Week 2**

2. Bowling – technique and the rules

• **Week 3**

3. Fielding - long barrier

• **Week 4**

4. Batting – technique and rules

• **Week 5**

5. Rules, roles and positions in a competitive game

• **Week 6**

6. Application of skills to a game – playing and umpiring a rounders match

6. Skills and Games Assessment (CAT Grade)

**HOW TO**

Respect

Excellence

Adventure

Commitment

Honesty

**IN ROUNDERS**



**My Cricket Journey**  
**Year 7**

**Honesty**

- Being truthful about your effort and performance.
- Sticking to the rules and etiquette of the activity.
- Communicating openly with teachers, coaches and each other.

**6. Skills and Games Assessment (CAT Grade)**

• **Week 6**

**6. Game play - Application of skill & game play knowledge.**

• **Week 5**

**5. Basic Game Tactics**

• **Week 4**

**4. Batting techniques**

• **Week 3**

**3. Overarm Bowling**

• **Week 2**

**2. Fielding and long barrier technique**

• **Week 1**

**1. Catching and throwing technique**

**Act on advice**

**Participate**

**Communication**

**Resilience**

**Teamwork**

