

Meden School Curriculum Planning

Subject	CORE PE	Year Group	7	Sequence No.	N/A	Topic	Invasion Games
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Retrieval	Core Knowledge	Student Thinking
<p>What do teachers need to retrieve from students before they start teaching new content?</p>	<p>What specific ambitious knowledge do teachers need teach students in this sequence of learning?</p>	<p>What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and ‘do something about them!’</p>
<p>For all invasion games students will have their own knowledge of the sports they regularly participate within outside of school or from primary school.</p> <p>Football</p> <ul style="list-style-type: none"> - Purpose of the game – How you score? - You should not use your hands within Football - Basic positions and the role of the position they may play in - Rules from watching a game on TV - Knowledge of local clubs in the area - Real life examples of teams (amateur and professional) 	<p>Within Year 7, students are introduced to the rules, regulations and positions for all invasion games.</p> <p>Football</p> <p>Handball – No hands or arms below the shoulder can touch the Football intentionally. If this is broken, the other team would receive a free kick, or a penalty if the handball occurs in the penalty box. Decisions are made by a referee and sometimes reviewed by VAR.</p> <p>Free Kick - awarded when a foul occurs or a player is offside. Usually taken from where the foul occurred and can be direct (can shoot from the freekick) or indirect (must pass the ball to another player, can’t shoot and score) Indirect free-kicks are rare and usually only occur from things like a pass back to the keeper. The opposing team must be 10 yards from the ball. If the free kick was awarded because of a foul, then the player committing the foul may receive a yellow or red card depending on the severity of the foul.</p> <p>Penalty - when a foul is committed within the 18-yard penalty box, then a penalty is awarded. The ball is placed on the spot 12 yards from the goal. All other players must stand outside of the penalty box until the ball is kicked. The keeper is not allowed to leave the goal line until the ball is kicked.</p>	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

	<p>Pitch Boundary - If more than half the ball crosses the boundary of the pitch, then either a throw-in, corner or goal kick is awarded. The team who had the last touch lose possession and the throw-in/corner is given to the opposing team. If the ball crosses the sidelines, it is a throw-in, and if it crosses the goal lines then it is either a goal-kick or corner depending on who was the last player to touch the ball.</p> <p>Throw In - A player must keep both feet on the ground and release the ball with an upward trajectory when performing a throw-in.</p> <p>Corner – Awarded when the defending team are the last to touch the ball and it crosses their own goal line. The corner is taken by the opposition. The ball must sit within the marked area by the corner. Teams tend to either cross the ball into the box or take a short corner by passing the ball to their team-mate.</p> <p>Offside – A free kick is given to the opposition when a player is in an off-side position. To be offside, the player must be in the defender's half at the time the ball was last touched by a teammate and there must be less than two players from the defending team between them and the goal line.</p> <p>Positions GK - Goalkeeper is responsible for saving shots and stopping the opposing team scoring a goal.</p> <p>Defence - Responsible for stopping the opposition from scoring. Play in front of their own goal and give protection to the goalkeeper. Wing defenders often link up with midfield and provide a wide attacking option in some games.</p> <p>Midfield - Have a dual role. Sometimes they will provide support to the defence, often sitting just in front of the defence to help intercept the ball or close down opposition players. They also are responsible for attacking, playing through balls to the attackers,</p>	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB's for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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<p>Rugby</p> <ul style="list-style-type: none"> - Purpose of the game – How to score a try? (May not know the point score) - Some basic rules from playing tag - HAPS – rules from watching a game on TV - Some students may be aware of Mansfield Rugby Club 	<p>spreading the play out wide to put crosses into the box, or shooting directly.</p> <p>Attack - Their main role is to score goals. They play in front of the midfield and often try to get in behind the opposition defence. They tend to be the players in the box when crosses come in, looking to head or kick the ball into the goal.</p> <p>Rugby</p> <p>Passing - the ball must be passed either backwards or sideways to another player on the same team. A forwards pass is not allowed.</p> <p>Tackling - a player with the ball is the only player that can be tackled. A tackle must follow the correct technique and must occur below the waist.</p> <p>Offside - a player must stay in line with their team facing their opposition to receive a pass. A tackle also has to be made facing their opponent. They cannot run around the back of their opponent to tackle them.</p> <p>Kick-off - Play starts by one team kicking the ball to the other team. Scoring - A try is scored by placing the ball down with downward pressure onto their try line. A try is worth five points for a team.</p> <p>Conversion Kick – Following every try, a team will get the chance to do a conversion kick in line with where the try occurred. If the kick goes between the two posts, an additional 2 points is awarded.</p> <p>Lineout throw - If the ball goes out of bounds, a lineout occurs to bring the ball back into play. Both teams form a line perpendicular to the sideline and 3 feet apart from each other. A player on the team not responsible for causing the rugby ball to go out of bounds calls a play and throws the ball in the air in a straight line between the two lines.</p>	<p>27. Technology in Sport – How has it advanced? Advantages and Disadvantages</p> <p>28. Gender in Sport – challenging stereotypes in sports as the player, official or manager</p> <p>29. Paralympics and Disabled Sport – examples of sports and accessibility</p> <p>30. Race and Equality in Sport – examples of campaigns within sports – Kick it out campaign and RESPECT</p> <p>31. LGBTQ - Pride Sport – their role in challenging LGBTQ phobia in sport</p> <p>32. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p> <p>33. Diet and Nutrition</p> <p>34. Skeletal and Muscular System</p> <p>35. Cardiovascular System</p> <p>36. Respiratory System</p> <p>37. Assessing Risk in Sport</p> <p>38. Sporting Injuries</p> <p>39. Current Issues in Sport/ Sporting News – linked to injuries, new science, diet, nutrition etc</p> <p>40. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p>
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	<p>Players from each team try to gain possession of the ball, and they may be supported in the air by their teammates as they attempt to get it.</p> <p>Scrum – Occurs when any violation or rule breaking occurs. Players from each team bind themselves together by interlocking their arms around each other's shoulders to make a tight formation about 3 rows deep. The front row players of one team interlock with the front row players of the opposing team to form a tunnel over the ball. A member of the team not responsible for the rugby rules infraction puts the ball into the tunnel by rolling it into the middle. Each team pushes forward until one player is able to hook the rugby ball with his feet and push it to the back row of players on his team.</p> <p>Students will be guided to the position they should play by discussing the physical attributes that are required for each one.</p> <p>Positions</p> <p>Scrum – Hooker Coordinates the scrum and tries to win possession of the ball by hooking the ball back through the props legs. Sits in the middle of the front row of the scrum between the loose and tight head prop.</p> <p>Scrum – Loose and Tight Head Prop They stop the scrum moving side to side and support the hookers weight. They need to be strong and should try to ensure the scrum never moves backwards.</p> <p>Flanker All round player showing speed, strength and power. They usually win the ball at a ruck or maul, collect passes from tackled players and make big tackles in open play.</p> <p>No.8 They bind at the back of the scrum to pick the ball up from the hooker. They are dynamic and explosive runners.</p> <p>Scrumhalf</p>	
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<p>Netball</p> <ul style="list-style-type: none"> - Purpose of the game – Two teams and scoring in a net - Some students may know that they cannot move with the ball - HAP students may know the basic positions and responsibilities in a position 	<p>Acting as the link between attack and defence, the scrum-half is the key rugby positions when it comes to building attacks. Playing just behind the attack, a good scrum-half will control exactly when the ball is fed out from the rear of a scrum, ruck or maul. They tend to be one of the smaller players on the pitch and so rely on protection from other players.</p> <p>Flanker Often the team’s designated placekicker for conversions, penalties and drop goal attempts. Will play in attack and defence.</p> <p>Netball</p> <p>Footwork – students must not move the foot they have landed on but can pivot with the opposite foot. If the footwork rule is broken, the ball is given to the other team for a free pass. The free pass is taken from where the footwork occurred.</p> <p>3 seconds – the ball can only be held for three seconds before a pass is made. The umprie will call ‘held ball’ if the ball is held for longer than 3 seconds. The other team will then receive the ball and a free pass is taken from the same spot.</p> <p>Obstruction – students must remain a metre away from the ball when marking an opponent (only when they have the ball and this is measured from the feet of the player). If obstruction is broken, the ball is given to the other team for a free pass and the player who did the obstruction must stand by the players side whilst the free pass is taken. If the obstruction is within the D, the player can either pass or shoot.</p> <p>Contact – Netball is a non-contact sport. If a player contacts another, they must stand by the side of their opponent whilst they take a free pass. The umpire will award a free pass from where the contact occurred. If the contact is within the D, the player can either pass or shoot.</p>	
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Replaying - If a player catches the ball and then drops it, they are not allowed to try and catch the ball again. This would be classed as replaying or repossession and the opposing team would receive a free pass from where the foul occurred.

Centre - The C player will restart the game after every goal within the centre circle. All other players must be 'onside' at the centre. The C player must step into the circle where the umpire will then blow the whistle to start. The first pass from a C player must be received in the centre third by another player. If this does not happen, the umpire will call 'not received' and the other team will receive a pass from within the centre third.

Over a Third - A pass must be received in all thirds on the court. If a ball is passed over one of the thirds without it being received, a free pass is awarded to the opposing team.

Positions

Shooting

GS - responsible for shooting within the D but cannot leave the goal third. Marked by GK.

GA - responsible for shooting within the D but is allowed into the centre third to work with the attacking players. Marked by GD.

Centre Court

WA – works with the centre to come into the centre third during a centre pass. Is allowed into the centre and goal third but not in the D. Marks the opposing WD.

C - carries out an attacking and defending role. Allowed within all areas of the court except the D's. Marks the opposing C.

WD – works with the centre in defence to gain possession of the ball and send it towards the shooters. Marks the opposing WA.

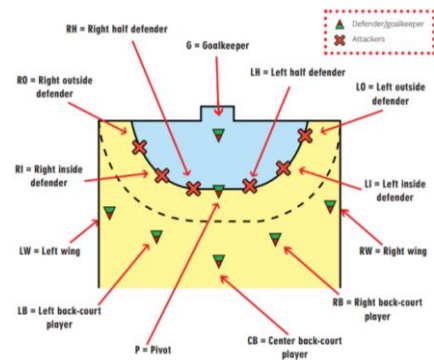
Defence – GK – responsible for stopping the GS from scoring. Marks the GS and can only be within the opposing goal third.

GD – responsible for stopping the GA from scoring. Marks the GA and can go into the centre third and opposing goal third.

<ul style="list-style-type: none"> - Purpose of the game – to score and you need to get the ball into the net - Some basic rules – hold a stick and use the flat side 	<p>Hockey Hockey players can only hit the ball with the flat side of their stick.</p> <p>Hockey players (other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball at any time.</p> <p>Scoring - A goal can only be scored either from a field goal, a penalty corner, or from a penalty stroke. A field goal is a goal scored from open play, and can only be scored from inside the 'striking circle', in front of the opponent's goal. If the hockey ball is hit from outside the circle and goes into the goal, it does not count as a goal.</p> <p>Contact - Hockey players may not trip, push, charge, interfere with, or physically handle an opponent in any way. Hockey is a non-contact sport and all fouls result in a free hit or a 'penalty corner' for the non-offending team depending on where the infringement took place and the severity of the foul.</p> <p>Obstruction - This is awarded against a hockey player who uses their body or stick to prevent an opponent from reaching the ball.</p> <p>Third-party obstruction - This is awarded when a hockey player positions themselves between the ball and an opponent, allowing a team-mate an unobstructed play on the ball.</p> <p>Advancing - This is awarded against a player who shoves, pushes, or advances the ball in any way, using any part of their body.</p> <p>Backsticks - This is awarded against a player who strikes the ball with the rounded back of the hockey stick.</p> <p>Hockey Stick Interference - This is awarded against a player who uses their stick to hit an opponent's stick, either intentionally or unintentionally.</p>	
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<p>Handball</p> <ul style="list-style-type: none"> - This is a new emerging sport for students so they may not have any prior knowledge - They may be able to transfer knowledge of key concepts from Basketball, Netball and Benchball from primary school. These may include passing, dribbling and how to score in a goal 	<p>Undercutting - This is awarded against a player who lifts the ball in a dangerous manner.</p> <p>Sticks - This is awarded against a player who raises their stick dangerously near another player.</p> <p>Positions GK - Goalkeeper is responsible for saving shots and stopping the opposing team scoring a goal.</p> <p>Defence - Responsible for stopping the opposition from scoring. Play in front of their own goal and give protection to the goalkeeper. Wing defenders often link up with midfield and provide a wide attacking option in some games.</p> <p>Centre and Wing Players- Have a dual role. Sometimes they will provide support to the defence, often sitting just in front of the defence to help intercept the ball or close down opposition players. They also are responsible for attacking, playing through balls to the attackers, spreading the play out wide or shooting directly from inside the D.</p> <p>Attack - Their main role is to score goals. They play in front of the midfield and often try to get in behind the opposition defence. They tend to be the players inside of the D when crosses come in, looking to shoot with the flat side of the stick.</p> <p>Handball is a team sport for two squads of 7 players (six field players and a goalkeeper).</p> <p>A handball match is won by the team that scores most times over two 30 minute halves, by throwing the ball past the keeper into the opposition's goal.</p>	
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<p>- Some students may have knowledge of the England Team and their success within the Olympic games</p>	<p>Free throws - awarded where a foul occurs or from the 9-metre line if foul occurs in this zone.</p> <p>Penalties - punish more serious foul play and are taken from the 7-metre mark</p> <p>Corners - If the ball leaves the end of the court possession goes to the defending keeper. If touched by a defending player first, then a corner is awarded to the attacking team.</p> <p>Attacking - in possession of the ball, a player may take a maximum of 3 consecutive steps when holding the ball and may bounce the ball as much as desired. If the player catches the ball, they cannot bounce it again and must take a maximum 3 further steps, pass or shoot. An attacking player is not permitted to enter the goal area. Players may jump towards it (e.g. to shoot) providing the ball is released prior to landing inside the 6-metre line.</p> <p>Defending - Players are permitted to make body contact, but they should not hold or restrain attacking players, hit another player, strike or pull back the opponent's throwing arm or spoil a clear chance of scoring by illegal means. This always leads to a seven metre (penalty) throw.</p>	
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Goal Keeper – The goalkeeper defends the goal with every part of the body. They are the only player who can touch the ball with their feet. The goalkeeper can leave the 6 yard/ metre box if they do not have contact with the ball. They may act as a court player, but is the only player allowed inside the 6-metre goal area. The goalkeeper may use his feet to defend the goal inside this area, the only player permitted to do so.

Left/Right Wingers – These are the fastest players on the court and patrol the sides of the court. They counter the opposition wingers in attack in order to create openings for their team mates. They can also shoot from tighter angles.

Left/Right Backs – These are the largest players on the court. When attacking they are responsible for driving at the defence and long range shooting. However, when defending they are used to block opposition shots.

Pivot – The pivot is the creative force in attack. They are expected to stand among the defenders on the 6m line to create space for their team mates or themselves to shoot. When defending, they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances.

	<p>Centre Back – The centre back is a creative handball player also known as the ‘playmaker’. They are responsible for setting up the play tactics. When defending they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances</p>	
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