



Year 7									
Baseline Assessment	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8	Age Related Expectations (ARE)
Baseline Assessment	Football/ Netball	Badminton	Dance	HRE	Rugby	Cricket	Softball/ Rounders	Athletics	<p>The consistency of performance of the 4 Core Skills and 1 Advanced skill:</p> <ul style="list-style-type: none"> Exceeding Embedded Secure Developing Emerging
<p>What is the purpose of these units? Students begin with some baseline assessments. They are then assessed on 8 activities across Year 7. The activities listed above are not necessarily taught in the order stated. Within these activities, students are assessed on 5 skills (4 core and 1 advanced) using ‘live assessment’ throughout the scheme of work.</p>									
<p>Overview of the knowledge and skills covered in this unit:</p> <ul style="list-style-type: none"> CV fitness test Speed test Aesthetics Spatial awareness Hand-eye coordination Gym induction 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Ball control /handling Passing Dribbling/ footwork Shooting/ dodging <p>Advanced skill:</p> <ul style="list-style-type: none"> Dribbling 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Short Serve Long Serve Forehand Drive Forehand High Clear <p>Advanced skill:</p> <ul style="list-style-type: none"> Backhand 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Balance Jump Gesture Travel <p>Advanced skill:</p> <ul style="list-style-type: none"> Travel-Range of pathways 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Exercise safely Understand heart rate Understand training programmes Location of muscles <p>Advanced skills:</p>	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Ball Handling Beating an opponent Scrum and line out Tackling <p>Advanced skill:</p> <ul style="list-style-type: none"> Rucking 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Batting – grip and stance Batting – running between bases/bac k stop Fielding – catching Bowling 	<p>Overview of the knowledge and skills covered in this unit:</p> <p>Core skills:</p> <ul style="list-style-type: none"> Basic running Basic jumping Basic throwing <p>Advanced skills:</p> <ul style="list-style-type: none"> Advanced track Advanced 		



	- to beat opponent/ catching whilst on the move	Drive		<ul style="list-style-type: none">• Methods of training i.e. weight & continuous		Advanced skill: <ul style="list-style-type: none">• Fielding - On the Move	Advanced skill: <ul style="list-style-type: none">• Fielding - catching at different heights and speeds	<ul style="list-style-type: none">• jumping• Advanced throwing	
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