



Blue Coat Church of England Academy

Year: 7

Subject: PE

Overview

In Year 7, students begin their PE journey at Blue Coat Academy by completing a **baseline assessment** across three key activity types: **invasion games**, **net and wall games**, and **striking and fielding games**. This helps identify individual strengths and areas for development as they transition from primary to secondary PE.

The curriculum builds on fundamental skills developed in primary school, introducing students to a wide range of sports and physical activities. Through engaging lessons, students develop physical competence, teamwork, and confidence while learning to take responsibility for their own progress and well-being.

Activities Covered

Students will participate in a variety of sports and physical activities, including:

- **Badminton**
- **Football**
- **Fitness**
- **Netball**
- **Pickleball**
- **Athletics**
- **Cricket**
- **Rounders**
- **Basketball**
- **Dance**

Each activity focuses on:

- Expanding on fundamental movement and sport-specific skills

- Developing tactical awareness and decision-making
- Encouraging active participation and enjoyment
- Promoting teamwork and fair play

Assessment Areas

Students are assessed in three key domains:

- **Performer** – Skill execution, tactical understanding, and overall performance
- **Leader** – Leading warm-ups, supporting peers, and demonstrating initiative
- **Official** – Applying rules, scoring, and officiating with accuracy and fairness

Fitness Focus

Each half term includes a targeted **component of fitness** embedded within the sport being taught. Examples include:

- **Cardiovascular Endurance** in Football and Netball
- **Muscular Strength** in Fitness and Dance
- **Flexibility** in Badminton and Dance
- **Speed and Agility** in Athletics and Basketball

This integrated approach helps students understand how fitness contributes to performance and supports lifelong physical health.

Curriculum Intent

The Year 7 PE curriculum aims to:

- Establish a strong foundation for lifelong engagement in physical activity
- Develop confident, skilled, and reflective learners
- Promote leadership, teamwork, and communication
- Support a smooth transition from primary to secondary PE
- Foster enjoyment, resilience, and inclusivity through diverse physical experiences