

PDHPE Outline: Year 7

Term	Week	Unit of Work	Key Concepts	Class Tasks and Homework	Assessments
1	1 - 4	Fundamental Movement Skills	Types of movement skills		Peer assessment
	4 - 10	Athletics – Fields only/Cross Country	Aspects of movement skill development Contexts for specialised movement skills		Standards assessment
2	1 - 5	Gymnastics	The elements of composition		Practical/written assessment
	5 - 10	Backyard Games / Yoga Relaxation			Practical/written assessment
3	1 - 5	Backyard Games / Yoga Relaxation			Backyard game development
	6-11	Target / Net Court / Striking	Influences on skill development and performance		Practical demonstration
4	1 - 6				