

Subject Physical Education Year 7

We aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Students will have opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

During Half terms 1-4 student will rotate through the following activities

Swimming

Students will develop and refine their strokes. Particular reference will be to the freestyle stroke. Students will look to combine the appropriate start, turn and finish. In addition develop an understanding of key water safety principles and improve fitness levels.

Outdoor and Adventurous Activities Team Building

Students will take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Badminton

Students will learn the basic shots, tactics and rules and attempt to apply them consistently to a game scenario. They will become familiar with maintaining a rally and develop a basic serve.

Basketball

Students will learn the basic techniques for passing and dribbling. They will develop the correct approach for shooting and apply these in small sided games. They will through play develop their cardiovascular fitness levels

Football

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in key stages 2, becoming more competent, confident and expert in their techniques tactics and rules and attempt to apply them consistently to a game scenario.

Rugby

Students will build on their skills learnt in Key Stage 2 and further develop their skills through tag rugby. Students will look to refine their passing techniques and look at ways to outwit their opponents. Where suitable students will progress through to contact rugby in readiness for the Year 8 programme.

Netball

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in key stages 2, becoming more competent, confident and expert in their techniques tactics and rules and attempt to apply them consistently to a game scenario. Students where appropriate will progress from Netball 5s to the full version.

Hockey

Students will have adopted the correct technique for holding the equipment and have a range of skills enabling them to pass and dribble in isolated conditions and also in small sided games. Students will have a clear understanding of the equipment and how to use it safely. In addition they will understand how other items of protection and 'safe play' can reduce the risk of injury.

During Half terms 5-6 students will rotate through the following activities

Athletics

Students will have the opportunity to be introduced into a range of track and field events. Students will have an opportunity to run, jump and throw in their module. Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. They will develop the ability to record the scores of others and make suggestions as to how they could improve.

Tennis

Students will develop the basic strokes of forehand and backhand. They will apply logical progression to ensure they are able to perform the shots from isolation into a competitive rally. They will be able to start a rally from a simple serve and begin to manipulate their opponent to increase their chances of success.

Cricket/Rounders

Students will build on and embed the physical development and skills learned in key stages 2 of striking a ball with a bat. Their preparation for striking the ball will be refined. In addition students will look to develop a smooth bowling action and a consistent catching and fielding technique.

<p>By the time you finish key stage 3 you'll be...</p>	<p>Able to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis.</p> <p>Developing their technique and improve their performance in other competitive sports in athletics and swimming.</p> <p>Have taken part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Have analysed their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Have taken part in competitive sports and activities outside school through community links or sports clubs</p>
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