



What Year 7 students will learn in the Autumn and Spring Terms in PE...

When students complete these activities will depend on the availability of facilities

OAA

Students should develop their communication skills and begin to understand what it is to be an effective member of a team.

Students should develop and understanding of when to listen and when and how to share their ideas and begin to appreciate the views of others.

Hockey

Students should be able to play in half pitch games. Students should be able to apply and call simple rules during game situations (e.g: hitting the foot = free hit (5m), side-line ball, and Hit out). Students should be able to understand to dribble and move the ball away from opponents to gain an advantage.

Health Related Fitness

Students should be able perform basic warm-up for circuit training and body weight exercises with accuracy and correct technique. Be able to measure resting heart rate and describe what happens to it during and after exercise. Design a basic circuit training session to improve general fitness.

Additional Information

Year 7 focus is skill development and small-sided game play along with learning and applying the basic rules. We start by teaching students the skills in order to increase competence and ability to play in a game. Students are then taught the rules which they need to apply to the game or activity.

Gymnastics

Students should be able to complete an individual routine including a range of skills

Travel – Bunny Hop, Bear crawl, spider, caterpillar, leaps

Balances – matched & mirrored, Y, Frog, arabesque, shoulder stand

Jumps – tuck, straight, star

Rolls – egg, straight, straddle

Students will provide feedback to another performer – 2 stars and a wish

Baselining

Students complete a series of basic fitness tests and taught how to warm-up correctly for each. Students complete the fitness tests and this information is helpful in target setting for students and for setting future groups.

Badminton

Can warm-up effectively for a game. Will be able to perform the under arm serve, over and in to the correct box. Have the knowledge to perform an underarm clear – into large hoop towards the back of the court. Target gets smaller.

Have the knowledge to perform an overhead high clear in isolation. Aim for target towards the back of the court. Play in small-sided games, applying basic rules.

Football

Students should be able to play in small sided games, have knowledge of the key skills and uphold the basic rules of the game. Develop the skills of passing and shooting and dribbling.

Netball

Students will learn how to warm-up effectively for games and develop their passing, receiving, shooting and footwork skills. Students will work on playing in small-sided games to further develop these skills.

Rugby

Students will learn how to warm-up effectively for games and be taught the key skills of tackling, sending and receiving passes and setting up a defensive line. Students will play in overloaded small sided games (4v3) and taught how to exploit space to gain an advantage.