



## What Year 7 students will learn in the Spring Term in PE

### 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.

Students will learn basic orienteering skills and be able to follow a map to different location on the school site.

### 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

### Additional Information

Year 7 focus is skill development. This is done in controlled and isolated practices initially, before moving into small-sided games. The small-sided games are simple in terms of following basic rules and applying them in the games. We start by teaching students the skills the need in order to succeed in game situations as this will bring about success and their boost confidence.

### Health Related Fitness

1. Students should be able perform basic warm-up for circuit training and body weight exercises with accuracy and correct technique.
2. Be able to measure resting heart rate and describe what happens to it during and after exercise.
3. Design a basic circuit training session to improve general fitness.
4. Perform simple body weight exercises like press-ups and sit ups, burpees and triceps dips with accuracy and control.

### Football

1. Know how to warm up safely for football to prevent injury and be able to perform in small games.
2. Understand and be able to apply the key rules of football – handball, acceptable contact, ball in/out of play.
3. Be able to play safely in a small sided game.
4. Be able to pass the ball accurately over a short (under 10 yards) distance.
5. Understand and explain why it is important to keep possession as a team.
6. Be able to dribble the ball under control for a short (under 10 yards) distance.