

**Overview:**

Year 7 Physical Education is aimed at giving all students the basic techniques and tactics to take part in a wide range of sporting activities. All students will cover up to 12 different sports throughout the year with the opportunity to take part in extra curricular clubs and teams to put showcase their ability against other schools



# Year 7 Physical Education

**Term 3:**

Boys- In your final term you take part in 5 different activities including athletics, tennis, volleyball, softball and ultimate Frisbee. You will continue to learn basic skills and gain an understanding of rules and tactics for each activity. You should be able to accurately self assess your ability and its impact on performance.

Girls- In your final term you will take part in rounders, tennis, volleyball, softball and athletics. In you will focus on learning the basic rules and techniques required to play in small game situation. In your athletics lesson you will work on individual skills and learn about your strengths and weaknesses.

**Term 1:**

Boys- In your first term you take part in 8 different activities; badminton, hockey, tabletennis, handball, trampolining, rugby, leadership and tchoukball. You will learn the rules and techniques required to take part in all 8 sports in isolation and small game situation. You will also learn how to take a warm up giving you leadership skills

Girls- In your first term you take part in 8 different activities these include; tchoukball, basketball, hockey, netball, badminton, gymnastics, tabletennis and dance. In these activities you will learn the basic rules and techniques required to play the sports in small game situation. You will also take part in two creative activities where you will develop individual skills required to build a routine. Your confidence will be built as you perform the routines to your peers.

**Term 2:**

Boys- In your second term you take part in 8 more different activities. These include fitness, football, inclusive sports, flag football, basketball, cricket, pickle ball and golf. You will continue to learn the basic skills and techniques required to take part in all activities and develop transferable skills too. Your confidence will be building and you may be starting to lead warm ups by yourself.

Girls- In your second term you will take part in trampolining, inclusive sports, leadership, fitness football and rugby. You will learn the basic techniques and rules required to take part in the sports and develop your leadership skills whilst taking warm ups. In trampolining you will use your creativity to develop routines.