

Year 7 Physical Education

Autumn

Invasion Games - Football, Handball

Replication of Movement - Gymnastics, Athletics



Spring

Invasion Games - Football, Handball

Replication of Movement - Gymnastics, Athletics

Summer

Invasion Games - Basketball

Replication of Movement -, Athletics (Track)

Striking & Fielding - Rounders, Cricket



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Developing Skills/Performance • Teamwork • Knowledge of Playing Positions • Basic Rules • Making Informed Choices about Healthy Active Lifestyles • Warming up and Cooling Down 	<ul style="list-style-type: none"> • Confidence - students confidence will improve through development of knowledge, understanding and ability in a range of sports and through feedback on performance. Improved confidence in ability to lead and take part in competitive sport. • Organisation - students develop ability to organise and lead parts of the lesson and in game situations. • Resilience - students build resilience through failure/success in their ability and in playing competitive sport. Also through feedback on performance. • Empathy - students develop empathy through their sporting experiences, their relationships, respect for others and sportsmanship. 	<ul style="list-style-type: none"> • Sending • Receiving • Defending/Attacking • Movement on ball • Movement off ball • Sports specific skills • Warm up and cool down effectively • Interception • Control • Game play (rules) 	<ul style="list-style-type: none"> • Extra curricular clubs • Inter-House competitions • Representing the school in competitive fixtures against other schools • Trips to professional sports events/fixtures • Leadership opportunities - leading primary sporting events, Open Evening Sports Events