

## Subject: *Physical Education*

Department Staff – Mrs H Davies, Ms D Donnelly, Miss L Goodwin

Year 7 - Autumn Term 2009

### *Contents: what you will study*

**Gymnastics:** Balance, flight, rotation and inversion.

**Ball Skills:** Team games. Recognising the importance of rules. Adapting performance, using rules to your advantage. Leading into Netball.

### *National Curriculum levels at which you will work*

Levels 3/5

### *Skills which you will develop this term:*

- Learning and refining a range gymnastic moves and Ball Skills.
- Creating simple sequences and improving performance
- Recognising strengths and weaknesses in yours and others performances
- Learning how to comment on your own performance and give specific feedback to others to help make improvements
- Using feedback and planning to adapt your work
- Passing, catching and footwork

### *Assessment: how you will be tested this term*

You will assessed on your ability to

- Plan, adapt and perform a gymnastic sequence.
- Show knowledge of simple rules, conventions and tactics.
- Select and refine techniques.
- Use knowledge of your own performance and that of others to improve performance.
- Plan and judge competitions

### *Equipment which you will need for this terms work*

Outdoor PE kit for invasion games

Indoor PE kit for gymnastics

PE Kit bag

### *Key words which you will need to learn for this term's work*

**Gymnastics :** movement vocabulary, stillness, balance, flight, planes of rotation, direction, levels, pathways, linking movements, flexibility

**Ball Skills:** anticipation, movement off the ball, timing, target, trajectory, follow-through, indicating, pivoting, transference of weight, opposition, agility.

## Subject: *Physical Education*

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Year 7 - Spring Term 2010

### *Contents: what you will study*

**Dance:** solo, duo and group. Basic choreography.

**Invasion Games:** small sided team games; 2v2, 2v3 up to 5v5. using attack and defence.

### *National Curriculum levels at which you will work*

Level 3/5

### *Skills which you will develop this term:*

- Adapting work to combine basic choreographic elements.
- Working as part of a team against others in attack and defence.
- Recognising strengths and weaknesses in yours and others performances.
- Learning how to give appropriate feedback to others.
- Using feedback and planning to adapt your work.

### *Assessment: how you will be tested this term*

You will assessed on your ability to:

- plan, adapt and perform a dance.
- show knowledge of simple rules and conventions.
- select and refine techniques.
- use attack and defence and begin to recognise patterns of play during invasion games.

### *Equipment which you will need for this term's work*

Outdoor PE kit for invasion games

Indoor PE kit for Dance

Music for dance

PE Kit bag

### *Key words which you will need to learn for this term's work*

**Dance:** social dance crazes, style, dynamic, action, inaction, counterbalance, counter tension, high energy, fast footwork, contact work, lean, push, pull, lift, unison, cannon, unison, stamina.

**Invasion Games:** principles of attack and defence, keeping possession, making progression, dispossessing an opponent, covering, intercepting, marking, tackling, width and depth in attack, strength, coordination.

## Subject: *Physical Education*

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Year 7 - Summer Term 2010

<p><b>Athletics:</b> sprint start, sprinting techniques, throwing techniques and safety procedures.</p> <p><b>Striking and Fielding Games:</b> fielding and batting skills, small sided team games, how to develop your own game and the importance of rules.</p>
<p><i>National Curriculum levels at which you will work (Unit 22 &amp; 9)</i> Levels 3/5</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none"><li>• How to recognise and improve acceleration and sustain maximum pace.</li><li>• Perform a range of throwing skills with control, accuracy, power and sound technique.</li><li>• Identify fitness needs different activities and how to make improvements.</li><li>• Working as part of a team to develop an idea and reach a consensus.</li><li>• Develop accuracy in batting and fielding skills and use feedback to improve your outcomes.</li></ul>
<p><i>Assessment: how you will be tested this term</i> You will assessed on your ability to:</p> <ul style="list-style-type: none"><li>• 1. select and refine techniques in Athletics, showing improvement.</li><li>• 2. show knowledge of simple rules and conventions</li><li>• 3. as part of a group; plan, adapt and teach a small-sided striking game</li><li>• 4. use different batting and fielding skills appropriately</li></ul>
<p><i>Equipment which you will need for this term's work</i> Outdoor PE kit PE Kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p><b>Athletics:</b> stride length, leg &amp; arm action, head position, cadence, pacing, grip, stance, follow-through, angle of release.</p> <p><b>Rounders:</b> body position, stance, follow-through, anticipation, batting order, field-placement.</p>