

Subject: *Physical Education*

Department Staff – Ms L Goodwin, Ms D Donnelly, Ms K Wiltshire

Year 7 – Autumn Term 2010

<p><i>Contents: what you will study</i> 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.</p>
<p><i>National Curriculum levels at which you will work</i> Levels 3/5</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• 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
<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">• 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
<p><i>Equipment which you will need for this terms work</i> Outdoor PE kit for invasion games Indoor PE kit for gymnastics PE Kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p>Gymnastics : movement vocabulary, stillness, balance, flight, planes of rotation, direction, levels, pathways, linking movements, flexibility</p> <p>Ball Skills: anticipation, movement off the ball, timing, target, trajectory, follow-through, indicating, pivoting, transference of weight, opposition, agility.</p>

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Year 7 – Spring Term 2011

<p><i>Contents: what you will study</i></p> <p>Dance: solo, duo and group. Basic choreography.</p> <p>Invasion Games: small sided team games; 2v2, 2v3 up to 5v5- using attack and defence.</p>
<p><i>National Curriculum levels at which you will work</i></p> <p>Level 3/5</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• 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.
<p><i>Assessment: how you will be tested this term</i></p> <p>You will assessed on your ability to:</p> <ul style="list-style-type: none">• 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.
<p><i>Equipment which you will need for this term's work</i></p> <p>Outdoor PE kit for invasion games Indoor PE kit for Dance Music for dance PE Kit bag</p>
<p><i>Key words which you will need to learn for this term's work</i></p> <p>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.</p> <p>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.</p>

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Year 7 – Summer Term 2011

<p>Athletics: sprint start, sprinting techniques, throwing techniques and safety procedures.</p> <p>Striking and Fielding Games: 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 & 9)</i> Levels 3/5</p>
<p><i>Skills which you will develop this term:</i></p> <ul style="list-style-type: none">• How to recognise and improve acceleration and sustain maximum pace.• Perform a range of throwing skills with control, accuracy, power and sound technique.• Identify fitness needs different activities and how to make improvements.• Working as part of a team to develop an idea and reach a consensus.• Develop accuracy in batting and fielding skills and use feedback to improve your outcomes.
<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">• 1. select and refine techniques in Athletics, showing improvement.• 2. show knowledge of simple rules and conventions• 3. as part of a group; plan, adapt and teach a small-sided striking game• 4. use different batting and fielding skills appropriately
<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>Athletics: stride length, leg & arm action, head position, cadence, pacing, grip, stance, follow-through, angle of release.</p> <p>Rounders: body position, stance, follow-through, anticipation, batting order, field-placement.</p>