

PHYSICAL EDUCATION

Pupil year: **Upper 3 (Yr 7)**

Head of Department: **Mrs C Gabbitass**

Subject Topic	Experimental and Analytical Skills
Gymnastics: rolling, twisting, turning, flight, travel, balance	Introduction to formal and educational gymnastic skills, both on floor and apparatus. Encouragement of co-ordination and control and introduction of sequence work in pairs.
Netball	Introduction of basic skills to develop accurate and consistent replication in ball skills, footwork and passing and receiving.
Hockey	Introduction of basic skills to develop stick and ball control, accurate replication of skills and outwitting opponents.
Cross-Country	Individual challenge – sustained running for stamina improvement, emphasis on pacing.
Multi-Games	Introduction to a variety of games to develop knowledge and understanding including tag rugby, badminton, handball, dodgeball and ultimate frisbee.
Basketball	Introduction to ball-handling skills. Shooting, lay-up and basic small-sided games, as well as knowledge of rules.
Cricket	Introduction to basic rules and understanding of the game, batting and fielding skills to encourage accurate replication and outwitting opponents during play.
Athletics	Individual skill acquisition in all event disciplines to encourage accurate replication and improved performance.
Swimming	Encouragement of confidence in the water and development of accurate technique in all strokes. Timed swims in all strokes.
Tennis	Development of racket skills including all basic shots. Understanding of rules, scoring and tactics.
Rounders	Inclusion of striking and fielding skills within the game context. Awareness of tactics to outwit opponents.
Health-Related Exercise	Increasing awareness of why we exercise; the effects on the body of short term and long term exercise. Elements of fitness.