

PHYSICAL EDUCATION

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

Head of Department: **Mrs C Gabbitass**

Gymnastics: rolling, twisting, turning, flight, travel, balance	Thematic approach and introduction to formal and educational gymnastic skills, both on floor and apparatus. Encourage co-ordination and control, and introduce sequence work in pairs.
Dance	Understanding Dance & Movement from different cultures. Use of control, rhythm, timing and aesthetics in the creation of a cultural dance project.
Health-Related Exercise	To increase awareness of why we exercise, the effects on the body of short term and long term exercise. Elements of fitness.
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.
Multi-Games	Introduction to a variety of games to develop knowledge and understanding including tag rugby, badminton, handball, dodgeball, ultimate frisbee.
Basketball	Introduction to ball-handling skills. Shooting, lay-up and basic small-sided games, and 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	To encourage confidence in the water and develop accurate technique in all strokes. Timed swims in all strokes.
Tennis	Development of racquet 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.