

# PHYSICAL EDUCATION & GAMES

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

Head of Department: **Mrs C Gabbitass**

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Gymnastics Rolling, twisting, turning, flight, travel, balance	Introduction to formal and educational gymnastic skills, both on floor and apparatus. Encouraging co-ordination and control, and introducing sequence work in pairs. Learning to work with others - support skills. Evaluating and refining performance.
Dance	Exploration of a range of dance movements and styles using steps, gestures, formations, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. Pupils will demonstrate creativity by incorporating control, rhythm, timing and aesthetics into sequences. Evaluating assess and refine performance.
Netball	Introduction/development of basic skills to develop accurate and consistent replication in ball skills, footwork and passing and receiving. Outwitting opponents by creating and restricting space. Appreciating and understanding basic rules and games format - small and full-sided games.
Hockey	Introduction/development of basic skills to develop stick and ball control, accurate replication of skills and outwitting opponents. Creating and restricting space. Appreciating and understanding basic rules and games format - small and full-sided games. Introduction of set pieces, tactics and basic goal-keeping.
Multi-Games	Introduction to a variety of games to develop knowledge and understanding, accurate replication of skill and outwitting opponents. Rules and methods of scoring: cricket, tag rugby, badminton, handball.
Basketball	Introduction to ball-handling skills. Shooting, lay-up and basic small-sided games. Knowledge of rules.
Health-Related Exercise	Increasing awareness of why we exercise, the effects on the body of short term and long-term exercise. Elements of fitness.
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. Emphasis on body fitness and safety through competition.
Swimming	Encouraging confidence in the water and developing 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.