



PE - YEAR 7

Gymnastics

Components of a routine; balancing, travelling, & jumping. Piece together skills & movements to music with others and perform to your peers.

Rugby

Core skills e.g. passing, moving forwards and tackling. **Communication** including non-verbal e.g. hand signals, eye contact and body language.

Sportshall Athletics

Core skills needed to complete track & field events, set equipment up **safely** & **officiate** events providing times and measurements to peers.

Hockey

Fundamental skills e.g. open & reverse stick carrying, push passing, receiving, and tackling. **Collaboration skills** to outwit opponents with tactics & strategies.

Physical Activity

Fundamental movements e.g. squats and core stability exercises. Working at **maximum efforts** & understanding the body's reaction to exercise.

Basketball

Ball familiarisation skills e.g. passing techniques, receiving, dribbling & shooting, as well developing game play and tactics.

Handball

Core skills e.g. passing, dribbling, shooting. Exploring defensive and attacking plays. **Collaboration skills** to improve our teamworking capabilities.

Football

Passing techniques, shooting & attacking/defensive work. Applying rules when playing & officiating.

Physical Activity

Challenge the fundamental skills & use weights. Build on theory knowledge to include **short & long-term effects** of exercise.

Netball

Core principles e.g. footwork, positions, throwing & catching techniques, shooting, attacking & defensive plays.

Cricket

Core skills e.g. batting, bowling, fielding & applying tactics. Be confident when trying new skills and voice our opinions.

Rounders

Fundamental skills e.g. bowling, batting, fielding, positioning. **Tactical play** and knowledge of the rules.

Athletics

Principles of sprinting, running, throwing & jumping. **Officiating** e.g. starting marshal, timekeeper, measurer & recorder.

