



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 teamwork.

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. Being confident when trying new skills and sharing 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.

