

## Year 7 PE

### Badminton

- Perform the basic shots.
- Understand tactics and rules and attempt to apply them consistently to a game scenario.
- Maintain a rally.
- Develop a basic serve.

### Netball

- Understand the importance of a warm up and how personal levels of fitness can impact on their performance.
- Embed the physical development and skills learned in key stage 2.
- Become more competent, confident and expert in techniques tactics and rules, attempting to apply them consistently to a game scenario.
- Progress from Netball 5s to the full version.

### Rugby

- Further develop existing skills through tag rugby.
- Refine passing techniques and look at ways to outwit opponents.
- Where suitable students will progress through to contact rugby in readiness for the Year 8 programme.

### Outdoor Adventurous Activities

- Participate in outdoor and adventurous activities which present intellectual and physical challenges.
- Work in a team.
- Build trust and develop skills to solve problems, either individually or as a group.

### Basketball

- Develop the basic techniques for passing and dribbling.
- Develop the correct approach for shooting and apply these in small sided games.
- Develop cardiovascular fitness levels

### Football

- Understand the importance of a warm up and how personal levels of fitness can impact on performance.
- Build on and embed the physical development and skills learned in key stage 2.
- Become more competent, confident and expert in techniques, tactics and rules.
- Apply tactics and rules consistently to a game scenario.

### Swimming

- Develop and refine strokes, with particular reference to the freestyle stroke.
- Combine the appropriate start, turn and finish.
- Understand key water safety principles and improve fitness levels.

**Athletics**

- Have the opportunity to be introduced into a range of track and field events.
- Participate in run, jump and throw events.
- Analyse performances compared to previous ones and demonstrate improvement to achieve personal bests.
- Develop the ability to record the scores of others and make suggestions as to how they could improve.

**Tennis**

- Develop the basic strokes of forehand and backhand.
- Apply logical progression to perform the shots from isolation into a competitive rally.
- Able to start a rally from a simple serve and begin to manipulate opponents to increase chances of success.

**Cricket/Rounders**

- Build on and embed the physical development and skills learned in key stage 2 of striking a ball with a bat.
- Refine techniques in preparation for striking the ball.
- Develop a smooth bowling action and a consistent catching and fielding technique.

**Advice to students  
for independent  
study**

- Ensure skills are being consolidated by attending at least one extra curricular club per week.
- Join one of our clubs in the community.
- Continue to recognise which aspects of fitness are needed most in each activity.
- Apply the theoretical knowledge shared in preparation for GCSE Physical Education.