

Physical Education (Year 7)



Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)

Year 7 – Term 3

- Increase physical competency in a range of athletic events and striking and fielding games.
- Increase resilience and strive for personal best.
- Understand rules / regulations.
- To understand what makes a performance effective and how to improve.

**Sports Day
(House Comp)**

**Performing at Maximum Levels
Develop Technique and Competition**
Extra Curricular
Halton Athletics Competition

**Overcoming an Opponent
Striking and Fielding**
Extra Curricular
Rounders / Cricket SG's
Competitions

**Interim
Assessment**

**Rowathon
(House Comp)**

**Interim
Assessment**

Year 7 – Term 2

- Increase physical competency in a range of net and wall games and gymnastics.
- Gain an understanding of working as a team and leadership skills.
- To understand short term effects of exercise on the body.

**Leadership and Teamwork
Problem Solving**

**Exploring Net and Wall Activities
Basic shots**
Extra Curricular
Table Tennis / Badminton
SG's

**Accurate Replication
Travel**

**Heath Games
(House Comp)**

Year 7 – Term 1

- Develop the fundamentals of movement.
- Increase physical competency in a range of fitness and games activities.
- Gain an understanding of the component of fitness and importance of exercise.
- Understand rules / regulations.

**Overcoming an Opponent
Skill Development**
Extra Curricular
Cheshire Cup / ESFA
SG's
Netball / Football / Basketball

**Developing Health & Fitness
Personal Best**
Extra Curricular
Sports Hall Athletics
Cheshire Cross Country

Fundamentals in Movement
3 part warm up
Pulse raiser
Dynamic stretches
Game related skill

**Baseline
Assessment:
Agility
Balance
Co-ordination**