

# Y7 PHYSICAL EDUCATION



## PHYSICAL EDUCATION AT YARDLEYS

**INTENT:** To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health

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In year 7 students will develop fundamental skills and be introduced to some advanced skills in practices from the activity areas; striking and fielding and athletics

## YEAR 7

	Gymnastics & Dance Net and Wall Games - Badminton	Fitness and Problem Solving Invasion Games - Rugby	Striking and Fielding Athletics
<b>SUBSTANTIVE KNOWLEDGE</b>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>What is effective activity specific warm-up?</li> <li>What improves quality of performance?</li> <li>What dynamics can be used to make?</li> <li>How can I perform with accuracy and precision?</li> <li>What are the different types of travel?</li> <li>What transitions can be used?</li> <li>How can I demonstrate timing?</li> </ul> <p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> <li>How can I score a point?</li> <li>What are fundamental rules?</li> <li>What is the ready position?</li> <li>What is the correct grip when handing racket?</li> <li>What is the way that I can recover after a shot?</li> <li>What is the correct serve?</li> </ul>	<p><u>Fitness and Problem Solving</u></p> <p>What is effective activity specific warm-up? How do I take my pulse? What is the difference between the aerobic and anaerobic training zones? What are key skills and strategies when solving problems? How can I use my team members to support problem solving? What safety elements do I need to consider?</p> <p><u>Invasion Games</u></p> <p>What is effective activity specific warm-up? How can I score? How can I find space? What can I do to get procession of the ball? What are the sport specific rules? What do I need to do to be able to move forward with the ball? What are the different passes I can use?</p>	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> <li>What is the activity specific warm up?</li> <li>How can I score? (rounders or runs)</li> <li>What are the different catching and throwing techniques?</li> <li>What are the sport specific rules in practices?</li> <li>What sport specific techniques?</li> <li>What team tactics can be employed when fielding?</li> <li>How can you bat into space?</li> </ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>What is the specific warm up for each athletic discipline?</li> <li>What are the different athletic disciplines?</li> <li>What is pacing?</li> <li>Know the health and safety procedures for each discipline</li> <li>What are the rules when practicing each discipline</li> <li>What are the correct techniques when performing each discipline</li> </ul>
<b>DISCIPLINARY KNOWLEDGE</b>	<ul style="list-style-type: none"> <li>Warming up effectively</li> <li>Perform skills in isolation</li> <li>Fundamental techniques of Gymnastics &amp; Dance</li> <li>Application of skills in modified tasks</li> <li>Working as a team in sequences of routine</li> <li>Problem solving in modified tasks</li> <li>Evaluating performance for skills</li> <li>Exploring and creating in simple sequences/routines</li> </ul>	<ul style="list-style-type: none"> <li>Warming up effectively</li> <li>Demonstrate fundamental skills when solving problems</li> <li>Working as a team in modified scenarios</li> <li>Problem solving in different scenarios</li> <li>Evaluating success of tasks</li> <li>Analysis of individual technique</li> <li>Perform skills in isolation and in combination</li> <li>Following and applying fundamental rules</li> <li>Evaluating performance</li> <li>Eliminating opponents</li> </ul>	<ul style="list-style-type: none"> <li>Warming up effectively</li> <li>Perform skills in isolation and in combination in simple practices</li> <li>Application of skills in modified practices</li> <li>Following and applying fundamental rules in modified practices</li> <li>Working as a team in modified practices</li> <li>Problem solving in modified practices</li> <li>Evaluating performance of skill parts in practices</li> <li>Eliminating opponents in modified practices</li> <li>Application of skills in modified disciplines (I,e foam javelin</li> <li>Performing at maximum levels in modified practice</li> </ul>

We aim to provide students with a curriculum that educates the whole child, creating responsible and respectful citizens. Through the development of substantive and disciplinary knowledge students are given the tools that allow them to achieve excellence and be ready for life.