

## **YEAR 7**

### **PHYSICAL EDUCATION**

#### **Curriculum content**

During the winter terms we concentrate on Dance, Gymnastics, Hockey and Netball, whilst in the summer we do Athletics and Tennis. The aim is to build a thorough understanding of the basic skills required in each activity, an awareness of safety issues and knowledge of the rules of play. Where appropriate small sided and then full games will be played and there will be opportunities to perform and evaluate the performances of themselves and others.

#### **Knowledge, skills and understanding**

##### **Dance**

- Use movements with some expression, show rhythm, sequences show style, fluency and quality, confident performances.

##### **Gymnastics**

- Perform all basic agilities with some control and style, perform routines with some advanced moves and shows awareness of body control and linking of moves, perform some more difficult moves/vaults and show style and control.

##### **Hockey**

- Push and hit with some accuracy; control and stop the ball on open stick side; control when dribbling, 2 handed block, using open and reverse stick; block and jab tackle; play well in the game and shows awareness of the rules of play.

##### **Netball**

- Accurate passing and catching; correct footwork and pivoting; ability to dodge to get free; ability to mark the player and ball; reasonably good shooting; play well in small sided games showing awareness of tactics and the rules of play.

##### **Athletics**

- Show good technique in the running, jumping and throwing events; awareness of the methods used to judge or measure the events.

##### **Tennis**

- Good forehand and backhand ground-strokes; forehand and backhand volley; play a game showing ability to rally; tactical awareness and accurate scoring.

##### **Ball Skills**

- Improving throwing and catching skills (over arm and under arm), use of correct fielding skills (long barrier etc), hand-eye coordination and striking games.

## **Assessment opportunities**

Girls are continually assessed in games lessons.

Dance and gymnastics will be assessed during the performances at the end of a four week block of lessons.

Tennis and athletics skills will be continually assessed during the Summer term.