

Subject: Physical Education

Year:7

Description of learning

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

In athletics pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances.

In games pupils focus on how to use basic principles of attack and defence to plan strategy and tactics. They work on improving the quality of their skills using various techniques. Pupils use a variety of tactics to attempt to exploit space. Pupils have an awareness of positional play and are able to hold their positions to assist attacking and defending. They have increased accuracy when striking, passing, catching or fielding a ball over a variety of distances. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. Pupil should begin to accurately officiate games. Pupils play shots within a rally more effectively and consistently.

Pupils compose creative and imaginative sequences that are becoming more complex and require strength and stamina. They demonstrate skills and abilities individually and in combination which focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.

Year 7 pupils become more confident leaders and try to adapt to the different personalities in their teams. They become more patient when there are team difficulties and try to explore a variety of solutions. They will try to be upbeat and positive in helping others out. Pupils will take part in leadership events, some being selected to represent the school houses. Pupils will begin each term with fitness testing, where they compare previous bests.

<p>Important questions:</p> <p>Peer coaching, ‘what makes good’ questioning/demos & targeted differentiated questioning). Provide opportunities for pupils to assessment own performance.</p> <p>What did you just do? * Why did you do that? *Did it work? Why? * What might you change if you could do it again? * What did they do that you might be able to use? * How did you do compared to someone else?</p>	<p>Bigger picture and linking: Calendar of PEDSSA competitions. School Games competitions Bryanston Leadership Academy Officiating fixtures Year 2 athletic festival Year 3 cricket festival</p>
<p>Overlearning required:</p> <p>Accurate replication of skills and techniques.</p>	<p>WoW factor: Fixtures: Football Athletics Gymnastics tumbling Cross Country Rounders Rowing Cycling</p>
<p>How will our learning values be developed?</p> <p>Resilience - show a can do attitude, build self esteem Reflectiveness - AFL self and peer observation Creativity - planning tactics/strategies Independence - warming up and stretching</p> <p>collaborate with others to share information and ideas, and solve problems</p>	<p>How will our community values be developed?</p> <p>Inclusivity - team selection, modified equipment/recources. Respect - rules Fairness - adapting rules/conditioned games Honesty - how to deescalate disputes, officiating Understanding - coaching others Kindness - supporting others, 3 B4 me. sportsmanship & cooperation</p>
<p>How will pupils’ numeracy be developed? measuring distances, scoring, collating data & comparing recordings against other bests</p>	<p>How will pupils’ literacy be developed? Literacy (key words), Science (muscle names, bodily functions and healthy lifestyle consequences)</p>