

LONG TERM PLANS

Year Overview (PE & Sport – Year 7)



PE & Sport Faculty

Students will undertake at least two Invasion activities (football, hockey, rugby, basketball, netball) throughout the year

Invasion activities year 7 autumn/ spring

1. Students will **learn** the basic skills in each activity area – passing, dribbling, tackling (defending) and attacking skills in conditioned games activities. They will then apply the skills to small sided games to understand where the skills fit in to a competitive situation
2. Opportunities will be given to lead small groups and develop their leadership skills through coaching, officiating and analyzing each other’s performance.
3. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

Aesthetic activities in year 7 autumn / spring

1. Gymnastics – students will learn the basic core gymnastic skills of travelling (rolling, jumping, and travelling using different body parts) and apply these skills to basic sequence work. Here the students will develop the skills at different heights to form basic sequences. Rotation will be the major theme for year 7. Students will learn how to participate and perform in the activities showing good health and safety procedures.
2. Students will have opportunity to work in groups to develop sequences and will carry out self and peer analysis of how to improve each other’s performance
3. Trampolining – students will learn the basic skills of bouncing, turning, seat drop and front drop and apply skills to basic 10 bounce routines. Again opportunities will be given to work independently and in groups to develop routines. Students will also learn how to basically risk assess activities ensuring activities and skills performed are correct and safe.

Students will undertake at least one net activity (badminton, volleyball, tennis , table tennis)

Net activities - year 7

1. Students will learn all the basic strokes involved in the net activities on the forehand and back hand side including serving. They will also learn the basic rules of the activities so that they can apply these skills to a competitive game situation.
2. Students will be given the opportunity to learn and develop their officiating skills and basic leadership skills
3. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

Health and Fitness – year 7

1. Students will learn the basics about health in terms of diet, heart rate, personal hygiene and the benefits of exercise on the body (Both short term and long term).
2. Students will experience a range of basic aerobic and anaerobic activities through using the equipment in the fitness room and carrying out pulse raising activities outside. Students will also learn how to develop using light resistance to develop strength or tone the body to improve well-being.
3. Students will learn how to lead others in a basic warm up and cool down and also understand the basic principles of the short term and long term effects of exercise.
4. Students will be actively encouraged to join the fitness club to develop their physical well being

Students will undertake an activity from both areas athletics and striking

Long term plan for athletic activities – year 7

Long term plan for striking activities – year 7

1. Students will learn the basic skills involved in running, jumping and throwing in practice situations and then apply these skills to competitive situations. Students will cover at least a sprint and middle distance run, a jump and a throw (standing throw)
2. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community

1. Students will be introduced to the core skills of fielding – catching, throwing, receiving a ball and hitting to space. They will also learn the basic rules of the activity so that they are able to perform in a competitive situation. Again students will be given the opportunity to lead others in the form of coaching, officiating etc.
2. Students who show an interest in the activity will be actively encouraged to attend school extra-curricular activities and out of school sporting clubs in the community