

*Inspire, Believe, Support, Achieve*

## Year 7 PHYSICAL EDUCATION (PE)

### Curriculum intent:

The aim of Physical Education is to allow students to experience a variety of sports and activities, which allow for the development of core skills, knowledge and vocabulary. Along with this, students will have the opportunity to develop skills in areas such as leadership, critical thinking and analysis. The overall aim is for students to foster and establish a lifelong enjoyment of physical activity.

### CONTENT / KNOWLEDGE:

- Invasion games- Netball, Football, Rugby and Handball
- Net games- Tennis, Badminton and Table tennis
- Striking and fielding- Cricket, Rounders and Softball
- Swimming
- Gymnastics, Dance and Parkour
- Athletics
- Health related exercise

### SKILLS:

- ❖ Developing core skills- running, jumping and throwing
- ❖ Leadership opportunities
- ❖ Logical thinking through tactical awareness
- ❖ Critical analysis through peer and self-assessment

