

## Year 7 Physical Education (PE)

During Year 7 students follow a programme in which they will be taught a wide variety of sports and activities including handball, netball, rugby, badminton, football and athletics to name but a few. Students will begin to learn the importance of life skills, such as teamwork, communication, respect, resilience, discipline and empathy and how these can be accessed through PE and transferred into everyday life.

### Methods of deepening and securing knowledge:

<b>Demonstrations</b>	Students demonstrate skills which they have learnt and are given feedback as to what they do well and what they need to do to improve/progress to the next stage of their development.
<b>Questioning</b>	Different questioning techniques used throughout lessons to deepen and secure knowledge. Rally Robin, Rally Coach and Think Pair Share, used to make sure all students are actively taking part and given the opportunity to show their understanding.

	Autumn term 1	Autumn term 2	Spring term 1
<b>Topic(s)</b>	Football, netball, badminton and table tennis.	Cross country, badminton, table tennis, team games football/netball.	Gymnastics, team games, health-related fitness.
<b>Assessment</b>	Students assessed against each sports/ activities grade descriptors for Key Stage 3 of bronze, silver, gold and platinum.  Q&A, formative and summative assessment.	To demonstrate an accurate replication of techniques and carry these out in increasingly demanding situations. To show an understanding of the rules for each activity and the underlying principles of each.	Students assessed against each sports/ activities grade descriptors for Key Stage 3 of bronze, silver, gold and platinum.
<b>CEIAG (Careers that are linked to that topic)</b>	Encouraged to watch sport, identify roles undertaken by individuals to help the success of the performer. Take on different roles in lessons.	Encouraged to participate in extra-curricular activities, enrichment activities, sports leaders to volunteer for partnership festivals.	Take on various roles in lesson - coach, umpire, leader, attend extra-curricular.

	Spring term 2	Summer term 1	Summer term 2
<b>Topic(s)</b>	Athletics track events, handball, tchoukball, lacrosse.	Athletics field events, frisbee, tennis, rounders.	Rounders, cricket, frisbee, tennis.

Assessment	Q&A, formative and summative assessment.	To demonstrate an accurate replication of techniques and carry these out in increasingly demanding situations. To show an understanding of the rules for each activity and the underlying principles of each.	Students assessed against each sports/ activities grade descriptors for Key Stage 3 of bronze, silver, gold and platinum.
CEIAG <i>(Careers that are linked to that topic)</i>	Encouraged to watch sport, identify roles undertaken by individuals to help the success of the performer. Take on different roles in lessons.	Encouraged to participate in extra-curricular activities, enrichment activities, sports leaders to volunteer for partnership festivals.	Take on various roles in lesson - coach, umpire, leader, attend extra-curricular.

### Independent Study

Students have ample opportunities to participate in school-based extra-curricular clubs along with inter-house/form competitions. To deepen their knowledge and appreciation of different sports, we actively encourage students to watch quality performances live, on television or on the internet. All of the opportunities we offer hopefully would then motivate individuals to represent school teams or broaden their opportunities and join local community-based clubs.