



### Overview

Physical Education in year 7 allows students to build on and embed physical development and skills learned in key stages 1 and 2. All students should become more competent, confident and experts in their techniques and apply them across a wide range of sports and physical activities. A wide range of extra-curricular clubs will be offered, allowing for competitive matches against other schools to take place. Showcasing the talent of Eskdale School students.



# Year 7 Physical Education

### Term 3

In your final term you will switch to summer sports such as athletics, cricket, tennis and rounders. You will be expected to learn the basic skills, techniques and rules. Additionally, you should start to feel comfortable in providing some analysis of performance, to achieve your personal best.



### Term 1

Both boys and girls in the first term will take part in mostly team games, such as netball, football, hockey, rugby and basketball. You will develop knowledge on rules, techniques and skills required to excel in the sports above. Whilst building positive relationships with your peers. Lessons will allow students to demonstrate/improve skills in isolation and in competitive games.

Additionally, in term 1, all students will take part in x-country, which allows for individuals to improve their own personal fitness levels. Students should develop confidence in their own abilities to take part in prolonged periods of physical exercise both in school and outside of school.

### Term 2

The Introduction of individual sports such as gymnastics and badminton will take place. You will continue to learn the basic skills and techniques required to take part in all activities and develop transferable skills to. These activities will run alongside a fitness unit, which will continue to work on personal levels of fitness and the continuation of some team games.