



YEAR 7 LEARNING JOURNEY INFORMATION

PE

Invasion Games Netball/Football



Autumn Term 1

KNOWLEDGE Students will develop understanding, strategies and tactics to take part in the sports effectively. They will look at position play and be made aware of where to position themselves on the pitch.

SKILL Students will learn about the technical skills needed to play football/netball. They will understand the components of fitness that will benefit performance in these areas.

Health and Fitness Cross Country



Autumn Term 2

KNOWLEDGE Students will learn about fitness and the benefits of exercise in relation to Cross Country (Resting HR, Maximal HR) They will develop an understanding of endurance and stamina.

SKILL Students will learn about the technical skills needed to run a variety of different Cross Country runs.

Ed Games Dodgeball/Basketball/ Benchball



Spring Term 1

KNOWLEDGE Students will learn about the sports developing an understanding of strategies and tactics to be able to take part in the sports effectively. Developing understanding of positional play and spatial awareness.

SKILL Students will learn about the technical skills needed to play Ed Games

Net Games Badminton/Volleyball/T Tennis



Spring Term 2

KNOWLEDGE Students will learn about the sports and develop an understanding of strategies and tactics to take part in the net games effectively. Understanding rules and scoring systems.

SKILL Students will learn about the technical skills needed to play racquet sports. They will look closely at effective hand eye coordination.

Athletics



Summer Term 1

KNOWLEDGE Students will learn about the strategies and tactics required in order to take part in the Athletic activities effectively. Throwing, Running and Jumping activities will be covered.

SKILL Students will learn about the technical skills needed to perform effectively in all areas of Athletics.

Striking Games Cricket/Rounders/Softball



Summer Term 2

KNOWLEDGE Students will develop understanding, strategies and tactics to take part in the sports effectively. They will look at positional play and be made aware of their areas to position themselves on the pitch.

SKILL Students will learn about the technical skills needed to play all striking games. They will understand the components of fitness that will benefit performance in these areas.