

# Year 7

## Topic Overview Physical Education



<b>Autumn Term</b>	
<b>Topic 1</b>	<b>Invasion Games (Bench Ball)</b>
<b>Topic 2</b>	<b>Net Games (Tennis)</b>
<b>Spring Term</b>	
<b>Topic 3</b>	<b>Dance</b>
<b>Topic 4</b>	<b>Trampolining and Gymnastics</b>
<b>Summer Term</b>	
<b>Topic 5</b>	<b>Striking and Fielding (Rounders)</b>
<b>Topic 6</b>	<b>Athletics</b>

# Year 7 Topic Overview Descriptions



<b>Autumn Term</b>	
<b>Topic 1</b>	Students will learn the basic throwing and catching skills required for many invasion sports. Students will begin to explore tactical ideas within game settings and not just be able to perform skills in isolation but be able to apply these to small sided games. Students will start to recognise the terms skill and technique. Students will begin to learn about sportsmanship and fair play.
<b>Topic 2</b>	Tennis will develop students hand eye co-ordination and both gross and fine motor skills. Students will start to be able to recognise equipment and explain some of the rules of the game. Students will attempt to create rallies and keep games going for as long as possible.
<b>Spring Term</b>	
<b>Topic 3</b>	Students will explore their movement and creative skills. They will choreograph a dance piece using their imagination. Students will explore ideas around theme and start to recognise tempo and pace.
<b>Topic 4</b>	Students will further develop their creative skills. Focusing on balance and co-ordination. During gymnastics students will learn the correct technique to perform a range of rolls and stands. Students will gain confidence using the trampoline and be able to perform a 4 move routine.
<b>Summer Term</b>	
<b>Topic 5</b>	Students will look at a number of variations of the game of rounders. Improving their hand eye co-ordination as well as their striking and fielding technique using a range of balls. Students will look at under arm and over arm throws and begin to recognise when to use them.
<b>Topic 6</b>	Students will complete a range of athletic events including long and short distance running, discus and long jump. Students will be introduced to individual competition and be introduced to "heats" and a "final".