



# Year 7 PHYSICAL EDUCATION



## Topic Titles

### Autumn Term Sports:

- Rugby
- Hockey
- Netball
- Football
- Badminton
- Gymnastics
- Basketball

### Spring Term Sports:

- Cricket
- Tennis
- Athletics
- Rounders

### Extra-Curricular Sports:

- Dance
- Cross Country
- Strength & Conditioning
- Table Tennis

## Intent

As a Physical Education department, our main ambitions fall under three categories:

1. Essential & Fundamental Body Management Skills whilst learning Sport Specific Skills.
2. Promotion of Physical Fitness as Fun.
3. Developing Teamwork, Sportsmanship & Cooperation.

We want to inspire every student to pursue a life-long participation in sport. Whether this be at the highest professional level possible in a particular discipline or simply to inspire a student to continue to live a healthy-active lifestyle

## Links with other subjects

**Science:** Aspects of 'How the Body works', How the body reacts to exercise, Nutrition, What is an injury and understanding the recovery process.'

**Maths:** Measuring our Athletics times and distances! **Music:** Understanding Rhythm, Unison & Cannon for Gymnastics and Dance!

**Geography:** Cross Country, enjoying and respecting the natural environment! **History:** Why games were invented and the strange rules that they involve, records and how we can train to break them!

## How will knowledge and skills be taught?

A Physical Education lesson at HSL always starts with a Fit in Five. This is a warm-up but also a short window in which the students are encouraged to develop their fitness through: Strength, Cardiovascular Endurance or Skill orientated activities. Our lessons will then be based upon a variety of different teaching pedagogies, some very much teacher led (Javelin Throwing), with some being fully based on guided discovery, encouraging the students to find the solutions to the problems presented to them.

## How can parents help?

By encouraging and enabling students to attend extra-curricular sports clubs or clubs outside of school.

**Watch Live Sport** – Live Sport provides a great sense of excitement for anyone involved, whether it on the TV or at the local sports club. Pop out and watch anything you can!

**BY JOINING IN!** – Your child is much more likely to take part if you do too!

## Recommended Reading and Preparation for Learning

Bounce – Matthew Syed

You are a Champion – Marcus Rashford

Kick – Mitch Johnson

Local Newspapers – Sport Sections  
(Celebrating local sporting achievements)

BBC SPORT – YouTube  
BBC SPORT – Website and App  
(Great highlight videos and some interesting articles)