



Curriculum Information

Year Group: Year 7

Subject: Physical Education

Objectives	In Year 7 Physical Education students will study a range of activities allowing them to develop technical skills associated with that activity. in addition to this students will learn a variety of transferable skills, enabling them to apply these in a variety of sporting scenarios. Students will also gain knowledge of Fitness & Health, the ability to warm up and will begin to develop basic leadership skills
Autumn Term	Students will study two 'team activities' such as Football, Rugby, Netball, Basketball, Hockey Students will study two 'individual Sports' such as Gymnastics, Fitness, Dance, Badminton. *due to activity rotations these may occur in other terms
Spring Term	Students will continue to study both team and individual activities from the range above.
Summer Term	Students will study a variety of 'summer activities' such as Athletics, Cricket, Rounders, Softball/Baseball. Students are also learn how to accurately time, score & measure a variety of Athletics events.
How is progress measured?	Progress is measured through timely assessments undertaken by their class teacher. In addition to this students are expected to self and peer assess against the PE national curriculum criteria outlined in their lesson outcomes.
Extending Learning at home	Students are encouraged to participate and observe structured or unstructured Physical Activity outside of school.
Support Available	Year 7 extra-curricular clubs are offered throughout the year on half-termly rotations. Teams compete in a variety of competitions against other schools in the Broxtowe and South Nottinghamshire area.
Useful web addresses	