




St Richard Reynolds Catholic High

<p>SUBJECT: Physical Education YEAR GROUP: 7</p> <p>Overview and aims: Pupils are encouraged and given opportunities to develop competence to excel in a broad range of physical activities, they are physically active for sustained periods of time engage in competitive sports. They are also informed and encouraged about activities that lead healthy, active lives.</p>	
<p>PROGRAMME OF STUDY</p>	<p>METHOD OF ASSESSMENT</p>
<p>Autumn Half Term 1:</p> <ul style="list-style-type: none"> • Outwitting opponents in invasion games (football/rugby/tag rugby/gaelic football) 	<p>Completion of a baseline test (at the start of term 1) Mid-term and end of term assessments Class discussions Self and peer assessment Reviewing knowledge and skills acquired during the term Successful outcome of practical work from following step-by-step instructions given by the teacher</p>
<p>Autumn Half Term 2:</p> <ul style="list-style-type: none"> • Outwitting opponents in invasion games (football/basketball/table tennis) • Accurate replication of activities (trampolining) 	
<p>Spring Half Term 3:</p> <ul style="list-style-type: none"> • Outwitting opponents in invasion games (netball/basketball/table tennis) • Accurate replication of activities (trampolining, gymnastics) 	

<ul style="list-style-type: none"> • Exploring and communicating ideas, concepts and emotions (dance) 	
<p>Spring Half Term 4:</p> <ul style="list-style-type: none"> • Exercising effectively and safely (fitness) • Outwitting opponents in invasion games (volleyball, handball) • Accurate replication of activities (trampolining, gymnastics) • Exploring and communicating ideas, concepts and emotions (dance) 	
<p>Summer Half Term 5:</p> <ul style="list-style-type: none"> • Performing at maximal levels (athletics) • Outwitting opponents (badminton/tennis) 	
<p>Summer Half Term 6:</p> <ul style="list-style-type: none"> • Performing at maximal levels (athletics) • Outwitting opponents (badminton/tennis/rounders) 	
<p>Key Skills: Pupils are taught to:</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games • Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • Perform dances using advanced dance techniques within a range of dance styles and forms • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	

- **Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best take part in competitive sports and activities outside school through community links or sports clubs.**