

Overview of Year 7 Physical Education Curriculum

The initial aim is clearly to provide the pupils with a varied and enjoyable programme from which they will gain areas of skill and interest on which to build. All work is based on a gradual and phased introduction of activities that may be largely unfamiliar to new entrants to secondary schooling. Work within Physical Education lessons will incorporate various teaching and learning methods involving individual, small group or large group work. The groups may be mixed ability or like ability. They will have one indoor lesson and one outdoor lesson per week. Each activity lasts for 9 to 10 weeks. They will be taught how to prepare for particular activities and to recover afterwards, the short and long term effects of exercise on the body, the role of exercise in establishing and maintaining health.

Activities

Pupils will develop knowledge and understanding of Physical Education through the following activities - **Athletics, Mini Tennis, Basketball, Cricket, Cross Country, Gymnastics, Orienteering, Rugby, and Football.**

Health related fitness is taught in all of the activities.

The pupils will be required to develop their understanding of **health related fitness** such as stamina, speed, strength, and agility and how these relate to each of the 8 activities.

Homework

Homework requires the pupils to:

- To practise and develop movement skills for each activity covered.
- To produce plans relating to health and fitness (warming up, personal exercise plans).

To design and produce diagrams, posters relating to knowledge and understanding of Physical Education (lesson plans, skills poster, techniques poster).

Examinations/Key assessments

Each physical activity will be operated on a fixed time unit at the end of which the pupils will be formally assessed on Acquiring and developing Skills, Selecting and Applying Skills, Evaluating and Improving Skills, Developing Knowledge of Understanding of Fitness and Health

The pupils will also have the opportunity to complete a self-assessment sheet for each of the 8 activities.

They will also be required to understand and complete assessment for learning tasks. This involves the pupils in the assessment process and helps teaching and learning.

How Parents can help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.