

Curriculum Overview – Year 7 Physical Education

Unit Title	Learning	How can parents best support?
Co-operative learning	<ul style="list-style-type: none"> Throughout all activities students will develop their interpersonal and social skills through a range of progressively challenging co-operative learning tasks for each activity. These lessons will focus on the following: <p>(a) Positive interdependence (b) Promotive face-to-face interaction (c) Individual accountability (d) Group processing (e) Interpersonal and small-group skills</p>	<p>Ensure your child bring weather appropriate PE kit to every lesson.</p> <p>Encourage your child to attend a range of extra-curricular clubs to improve performance.</p> <p>Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.</p>
Invasion activities: Football Netball Hockey Handball Basketball	<ul style="list-style-type: none"> Repetition of core skills through isolated drills in order to develop control Application of core skills within condition games in order to develop confidence whilst under pressure Application of core skills within a competitive situation in order to outwit opponents Understanding of basic rules, regulations and positioning Reflection of own performance against practical criteria 	<p>Follow our department twitter account for regular updates @TSA_pedept</p>

<p>Net and Wall activities:</p> <p>Badminton Table Tennis</p>	<ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control. • Application of core skills within condition games in order to develop confidence whilst under pressure. • Application of core skills within a competitive situation in order to outwit opponents. • Understanding of basic rules, regulations and positioning on court. • Reflection of own performance against practical criteria. 	
<p>Aesthetic activities:</p> <p>Cheerleading Dance Gymnastics</p>	<ul style="list-style-type: none"> • Repetition of core skills through isolated practice in order to develop control. • Application of core skills within a sequence / motif / routine in order to develop creativity and quality of performance. • Understanding of how to make a performance look aesthetically pleasing by considering use of levels, speed and direction. • Reflection of own performance against practical criteria. 	

<p>Striking and fielding</p> <p>Rounders</p> <p>Cricket</p>	<ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents • Understanding of basic rules, regulations and positioning <p>Reflection of own performance against practical criteria.</p>	
<p>Athletic / maximum levels:</p> <p>Athletics</p> <p>Fitness</p>	<ul style="list-style-type: none"> • Repetition of core skills / fitness techniques in order to develop control. • Understanding of basic rules and regulations specific to each event. • Reflection of own performances against practical criteria. • Basic knowledge and understanding of how the body works and adapts during physical activity. 	