

Subject	Year 7 content – Autumn Term	How to support students' learning
Physical Education	<p data-bbox="465 467 1155 528"><u>Introduction to Physical Education within the Secondary setting</u></p> <p data-bbox="465 571 696 600"><u>Carousel of sports:</u></p> <ul data-bbox="517 643 696 815" style="list-style-type: none"> - Netball - Football - Hockey - Fitness - Swimming <p data-bbox="465 858 600 887"><u>Swimming</u></p> <ul data-bbox="465 930 1167 1311" style="list-style-type: none"> • To develop knowledge and understanding of the alternating and continuous strokes • To develop basic techniques of body position, kick action, arm action, breathing & coordination of the alternating and continuous strokes • To develop strength, fluency, control and precision of the alternating and continuous strokes • To use knowledge acquired to analyse a swimmers performance identifying strengths and weaknesses and suggesting ways to improve, via observation, recording and feedback methods 	<ul data-bbox="1249 858 2007 1319" style="list-style-type: none"> • Encourage your child to <ul style="list-style-type: none"> - Attend learn to swim if they are recognised as needing extra support in swimming. Mr Plant will notify you of this opportunity. - Attend fun swim to develop water confidence and socialise within the swimming setting. - Attend swim club if they are invited. Swim club is open to those swimmers who swim competitively. - Swimming lessons outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to swimming lessons within the curriculum and will be encouraged to take part in extra-curricular swimming sessions if required.

	<p>All lessons will be delivered and planned around the Why This, Why Now, format. This will be clearly laid out to students on an individual lesson basis.</p> <p><u>Netball</u></p> <p>The intent of this unit is to gauge the knowledge and introduce the new students to netball, ensuring that the lessons are engaging, encouraging these students to participate in netball session 3s and continue to be active outside of school.</p> <p>Students will learn about modifying technique and consolidating skills through practice and repetition. Through this sport students can develop self-esteem as physical confidence improves and it will help pupils to cope with both success and failure in competitive and co-operative activities. Students will learn and recognise relevant rules, laws, codes, and etiquette and safety procedures.</p> <p>There will be elements of competition throughout the scheme of work as students will be playing matches; using their knowledge of the rules and laws of the sport. Students will have the opportunity to learn and practice tactical strategies to outwit opponents.</p> <p>The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics & Strategies & Competition</p> <p><u>Football</u></p>	<p>*Club links will also be discussed with your child for swimming- we have a range of club links if required to allow your child greater access to swimming.</p> <ul style="list-style-type: none"> • Encourage your child to - Attend netball session 3 if they are recognised as needing extra support in netball. Mrs Needle will notify you of this opportunity- check our session 3 plan. - Attend session 3 netball clubs/team training to develop confidence and socialise within the appropriate setting. - Netball sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to netball lessons within the curriculum and will be encouraged to take part in extra-curricular clubs if identified as excelling in the sport or if they need further support. <p>*Club links will also be discussed with your child for Netball- we have a range of club links if required to allow your child greater access to Netball.</p>
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	<p>Students will participate in activities that link to specific sports that build upon prior learning at KS2. They will develop skills to solve problems during team games and analyse their own and others' work. Students will be actively encouraged to develop the basic skills in each football activity and apply the basic strategies of the sport they are playing.</p> <p>They will progress through 'stepping stones to success' where they will have opportunities to recall work from previous lessons by demonstrating what they know and also have to demonstrate the skills they have been taught. In end of term competition, students will have the opportunity to test themselves and their teammates in competitive situations and environments. Within football at the start of year 7, students will be assessed in their ability to perform a range of basic skills from dribbling, passing, control and game knowledge.</p> <p><u>Hockey</u></p> <p>Students are to be successfully introduced to the game of hockey through a fun and engaging set of lessons that enable them to be technically proficient in the basic skills required for future skill development and be confident enough to effectively take part in small sided and developmental games. Students will develop the foundational building blocks for the following technical areas;</p> <ul style="list-style-type: none"> ● Ball Control ● Moving with the ball ● Passing ● Defending. 	<ul style="list-style-type: none"> ● Encourage your child to <ul style="list-style-type: none"> - Attend football session 3 if they are recognised as needing extra support in football. Mr Lyttle will notify you of this opportunity- check our session 3 plan. Any child who has an interest in football will be encouraged to attend session 3 training. - Attend session 3 football clubs/team training to develop confidence and socialise within the appropriate setting. - Football sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. - Your child will have access to football lessons within the curriculum and will be encouraged to take part in extra-curricular clubs if identified as excelling in the sport or if they need further support. <p>*Club links will also be discussed with your child for football- we have a range of club links if required to allow your child greater access to football.</p> <ul style="list-style-type: none"> ● Encourage your child to <ul style="list-style-type: none"> - Attend hockey session 3 if they are recognised as needing extra support in hockey. Mr Such will notify you of this opportunity- check our session 3 plan. - Attend session 3 hockey clubs/team training to develop confidence and socialise within the appropriate setting. - Hockey sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to hockey lessons within the curriculum and will be encouraged to take part in extra-curricular clubs if identified as excelling in the sport or if they need further support.
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	<ul style="list-style-type: none"> • <p><u>Fitness</u></p> <p>During term 1 students will develop a full understanding of how the fitness centre works and what we do in order to improve fitness, how we develop our understanding of it and how we use the fitness room to assess and monitor key components of health and fitness.</p> <p>Prior Knowledge and Understanding from previous learning: <i>This will be the first contact students will have in the Fitness Suite at Thomas Telford School. Students will have prior knowledge from Primary School on the importance of exercise / warm up & cool downs. This will be the first-time students will touch upon the Components of Fitness and Fitness testing.</i></p> <p><i>Students will also have access to:</i></p> <ul style="list-style-type: none"> - <i>Badminton</i> - <i>Table Tennis</i> - <i>Basketball</i> <p><i>These sports will be available during our session 3 programme. All KS3 students can access these programmes.</i></p>	<p>*Club links will also be discussed with your child for Hockey- we have a range of club links if required to allow your child greater access to Hockey.</p> <ul style="list-style-type: none"> • Encourage your child to <ul style="list-style-type: none"> - Attend fitness session 3 if they are recognised as needing extra support in fitness. Mr Kitchenham will notify you of this opportunity- check our session 3 plan. - Attend session 3 fitness clubs/team training to develop confidence and socialise within the appropriate setting. - Fitness sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to fitness lessons within the curriculum and will be encouraged to take part in extra-curricular clubs. <p>*External club links will also be discussed with your child for Fitness- we have a range of club links if required to allow your child greater access to fitness.</p>
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