

Subject	Year 7 content – Spring/Summer Term	How to support students' learning
Physical Education	<p data-bbox="465 483 1155 547"><b><u>Introduction to Physical Education within the Secondary setting</u></b></p> <p data-bbox="465 592 696 619"><b><u>Carousel of sports:</u></b></p> <ul data-bbox="510 663 680 799" style="list-style-type: none"> <li>- Athletics</li> <li>- Tennis</li> <li>- Rounders</li> <li>- Cricket</li> </ul> <p data-bbox="465 844 577 871"><b><u>Athletics</u></b></p> <p data-bbox="465 916 1178 1195">Students will learn about modifying technique and consolidating skills through practice and repetition. Through this athletics module of work, 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 data-bbox="465 1240 1178 1375">There will be elements of competition throughout the scheme of work as students will be measuring their performance against their peers, using their knowledge of the rules and laws of the sport.</p>	<ul data-bbox="1249 847 2002 1289" style="list-style-type: none"> <li>• Encourage your child to</li> <li>- Attend athletics session 3 if they are recognised as needing extra support in a certain event. Mr Nicholls will notify you of this opportunity- check our session 3 plan.</li> <li>- Attend session 3 fitness clubs, athletics/team training to develop confidence and socialise within the appropriate setting.</li> <li>- Athletics sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to athletics lessons within the curriculum and will be encouraged to take part in extra-curricular clubs.</li> </ul> <p data-bbox="1205 1297 1980 1394"><b>*External club links will also be discussed with your child for Athletics- we have a range of club links if required to allow your child greater access to the sport.</b></p>

The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Analysis of Performance & Competition

### Rounders

The intent from this unit is that students will develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practice and repetition. Through this rounder's unit, students will also instil sense of sportsmanship and encourage students to recognise their own and others contributions. This unit will also look to develop student's technique and skill acquisition with the striking and fielding elements of rounders, as well as students throwing and catching techniques.

Students will also be encouraged to develop their tactical and strategic knowledge as there is a significant number of tactical decisions to be made when batting and fielding in rounders. Students will also experience competition, by playing matches against their peers.

### Tennis

The schemes aim to explore a variety of ways of feeding and hitting by using a variety of size/shape targets and equipment including using hands, bats, rackets of varying shapes and size. Students will work on hitting using one

- Encourage your child to
  - Attend rounders session 3 if they are recognised as needing extra support in a certain element. Mrs Needle will notify you of this opportunity- check our session 3 plan.
  - Attend session 3 rounders clubs, rounders/team training to develop confidence and socialise within the appropriate setting.
  - Rounders sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to rounders lessons within the curriculum and will be encouraged to take part in extra-curricular clubs.

**\*External club links will also be discussed with your child for Rounders- we have a range of club links if required to allow your child greater access to the sport.**

- Encourage your child to
  - Attend tennis session 3 if they are recognised as needing extra support in a certain element. Mrs Price will notify you of this opportunity- check our session 3 plan.
  - Attend session 3 tennis clubs, tennis/team training to develop confidence and socialise within the appropriate setting.

	<p>hand, two hands and selecting their preference when working on their forehand and backhand. The scheme of work aims to allow students to experience the correct grip for holding a racket; adjusting the grip for different types of shots and hitting a ball that has been fed or hit to them in a variety of ways. They will work on self-feeding, hitting's targets/areas and progress to hitting with a partner. They will develop the correct footwork for forehand and backhand shots. In relation to competition, simple games based on knock ups before returning the ball to allow correct footwork and body position will be focussed on and students will work on more power through the transference of weight. To stretch the more able evaluating their own performance and suggesting ways to improve for both themselves and others will take place and the rules including the scoring system will be introduced. There will also be focus on the importance and tactics of the movement on court.</p> <p><i>Students will also have access to:</i></p> <ul style="list-style-type: none"> <li>- <i>Swim club- runs all year round</i></li> <li>- <i>Running club for cross country athletes</i></li> <li>- <i>Table tennis during spring</i></li> </ul> <p><i>These sports will be available during our session 3 programme. All KS3 students can access these programmes.</i></p>	<ul style="list-style-type: none"> <li>- Tennis sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. Your child will have access to tennis lessons within the curriculum and will be encouraged to take part in extra-curricular clubs.</li> </ul> <p><b>*External club links will also be discussed with your child for Tennis- we have a range of club links if required to allow your child greater access to the sport.</b></p>
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