

Subject	Year 7 content – Autumn Term	How to support students' learning
Physical Education	Introduction to Physical Education within the Secondary setting, developing physical literacy, confidence, teamwork, resilience and lifelong participation in physical activity. Carousel of sports: Fitness - Swimming - Athletics – Badminton Other sports taught: Netball - Football - Hockey Practical into theory link – Naming bones and muscles	Encourage your child to: • Practice outside of lessons • Attend Session 3 activities • Take up opportunities to represent the school • Watch sports on TV, social media, you tube etc • Develop an understanding of the rules • Learn names of bones and muscles • Complete end of half term quizzes on Bones, muscles and rules of sports.
	Swimming • To develop knowledge and understanding of the alternating and continuous strokes • Develop confidence, independence and personal safety in the pool • Reflect on individual performance and identify targets for improvement. • 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	Encourage your child to: • 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

	performance identifying strengths and weaknesses and suggesting ways to improve, via observation, recording and feedback methods	part in extra curricular swimming sessions if required. • Students will take part in a swimming gala with a variety of races for all abilities to represent their house • Club links will also be discussed with your child for swimming
	Netball 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. 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; demonstrating respect for officials, teammates and opponents. Students will develop communication, leadership and teamwork skills through cooperative and competitive situations. 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.	Encourage your child to: • Attend netball 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. • Club links will also be discussed with your child for Netball • Students will have the opportunity to represent the school netball team in competitions or interhouse games.

	Students will have the opportunity to learn and practice tactical strategies to outwit opponents. The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics & Strategies & Competition	
	Football 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. 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.	Encourage your child to: • Attend football session 3 • 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 • Club links will also be discussed with your child for football
	Hockey Students are to be successfully introduced to the game of hockey through a fun and engaging set of lessons that	Encourage your child to: • Attend hockey session 3 • Mr Such will notify you of this opportunity- check our session 3 plan.

	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; • Ball Control • Moving with the ball • Passing • Defending.	• 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 • Club links will also be discussed with your child for Hockey • Students will have the opportunity to represent the school in hockey fixtures, friendlies or in Session 3
	Fitness During term 1 students will develop a full understanding of how the fitness centre works and what we do in order to improve fitness. Induction into the fitness centre will take place for students and how the machines work as well as how to safely accessing treadmills, exercise bikes and other cardio and bodyweight exercises is the main focus. How we develop our understanding of equipment and how we use the fitness room to assess and monitor key components of health and fitness. Prior Knowledge and Understanding from previous learning:	Encourage your child to: • Attend fitness session 3 Fitness clubs to develop confidence and socialise within the appropriate setting. • Use the fitness centre to develop aspects of fitness for other sports • Utilise the equipment to gather confidence in a gym setting • Complete gym competitions or record activities completed • Download the Technogym app on smart phone to access fitness workouts, routines and videos to help them record and develop their fitness at home.

	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. Students will begin to understand: Components of fitness, Basic fitness testing, Goal setting, Principles of safe exercise and how physical activity contributes to long-term health and wellbeing	
	Badminton Students will start to learn, study, and play badminton in P.E lessons in year 7. Some may have had experience at session 3 clubs or primary school. 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. Students will form the link to other racket sports. There will be elements of competition through cooperative rallies, ladder tournaments and games The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics and Strategies & Competition	Encourage your child to: • Attend session 3 clubs to increase access to Badminton • Play Badminton at home or on holiday • Develop an understanding of the rules and scoring for singles and doubles • Compete in interhouse badminton competitions • There are some opportunities to represent the school at badminton against other schools
	Athletics	Encourage your child to:

	Students will learn basic strands of athletics to include running, jumping and throwing. 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 and safety procedures. There will be elements of competition throughout the scheme of work as students will be measuring their performance developing personal bests while understanding that success can be measured through individual improvement as well as competition.	• Stay active, look to improve running, jumping or throwing ability. • Athletics/clubs outside of school are encouraged to help develop confidence but are not a requirement. • Your child can use the fitness centre to develop aspects of athletics ability. • External club links will also be discussed with your child for Athletics • Some students will compete in the cross country competitions for the school
	Students will also have access to: Table Tennis, Basketball These sports will be available during our session 3 programme. All KS3 students can access these programmes.	Encourage your child to: • Attend session 3 clubs to increase access to these sports • Play these sports at lunchtimes • Join external clubs or practice at home