

YEAR 7



Our learning journey through Year 7 lets students discover a range of sports and activities allowing students to learn basic and advanced skills and techniques, develop their understanding and tactical awareness as well as learning how to evaluate and analyse performance.

Orienteering

This creative activity builds students confidence within their new school environment. Opportunities to create leadership, teamwork and collaboration, and critical thinking.

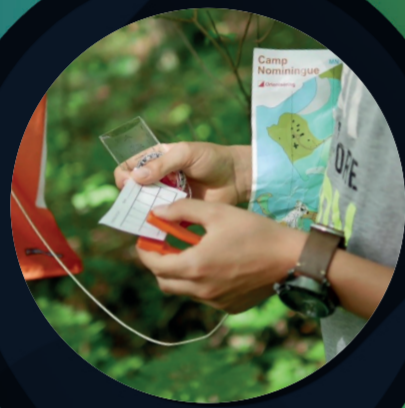


Table Tennis

Within this sport we will develop a range of shots and tactics to help students have success in rallies and also in competitive situations. This sport will help with hand eye coordination, reaction time and agility.



Fitness

In Fitness, students will learn how to warm up and the importance of cooling down after exercise. Students will learn basic methods of training and link different sports to components of fitness.



Tag Rugby

Within Tag Rugby, students will learn a range passes, special awareness, principles of attack, and develop their teamwork and communication skills.



Rounders

Students will explore striking and fielding. We will learn different ways of throwing and catching with accuracy. Batting techniques along with getting an understanding of rules and gameplay.



Fitness for Sport

Start students PE journey with understanding the key elements to PE; teamwork, communication, leadership, resilience and motivation. Students will learn how to Warm up correctly along with undertaking baseline tests to have an understanding of fitness levels.



Gaelic Football

Through this Invasion game, students will learn a range of skills and techniques in this sport. They will learn about special awareness, principles of attack, and develop their teamwork and communication skills.



Gymnastics

Students will understand different shapes that are fundamental in gymnastics. Students will learn a variety of balances and skills to produce a floor routine. Building on their resilience, individual and collaboration skills, core strength and flexibility.



Netball

Through this Invasion game, students will learn a range of passes, shooting and defending techniques. They will learn about special awareness, principles of attack, and develop their teamwork and communication skills.



Athletics

Athletics gives students the opportunity to explore a wide variety of Athletic events that are based around individual ability. They will learn about, track and field events, linking them with components of fitness. Building our resilience, confidence, intrinsic motivation and personal ambition.

Sportsmanship
Resilience
Respect
Fair play

Sport for Life, Skills for Life