



Blue Coat Church of England Academy

Year: 7

Subject: Physical Education

Dance

Both boys and girls will study a 6 week unit of Cultural Dance during year 7. This unit of work gives pupils the chance to explore different styles of dance from a wider variety of cultural backgrounds, for example Bhangra, African dance, Street dance and Capoeira. Pupils are given a taster of each style of dance, where they learn to replicate set phrases and select movement material and choreographic devices of their own, before choosing which style they will ultimately be assessed on. They will also have the opportunity to review professional performances, and use video extracts from modern and traditional sources to inspire their work.

Gymnastics

This unit of work gives both boys and girls the chance to revisit core skills that should have been covered in Junior school. These skills include travelling and balancing and should be performed as individuals, in pairs and in groups. Pupils will be taught how to set up and use mats, low apparatus and large apparatus safely and effectively in their routines. Pupils will develop their physical skills of control, precision, accuracy and demonstrate these within creative sequences of their own. Pupils will be encouraged to evaluate and assess both their own and their peers movements to improve their sequences.

Net/Wall Games

In net/wall games, both boys and girls will focus on replicating and developing key skills in either badminton or tennis, before implementing these skills into games and matches with their peers. Key skills include serving, forehand shot, backhand shot, drop shots and smashes. Pupils will be taught elements of strategic play to outwit their opponents and score points - in net/wall games, students should aim to get the ball/shuttle to land in the target area so that the opponent cannot return it, and pupils will develop their understanding and ability to use key shots and strategies to enable them to do that.

Football

Pupils will study a 6 week unit of football in Year 7. During these lessons they will re-visit the core group of basic skills they should have been taught in Primary School. These core skills include passing, dribbling, tackling, shooting, control and positioning. The pupils will work specifically on improving their technique and skill level. During their lessons, pupils will also focus on how to use basic principles of attack and defence to plan strategy and tactics for a game of football. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition, and during their football games pupils will be encouraged to use all of their developing skills to score goals against their opposition.

Netball

Pupils participating in netball will complete a 6 week unit of lessons during Year 7. During their lessons, pupils will re-visit and develop skills such as passing, movement, shooting, footwork and defending. Pupils will explore the importance of performing these skills effectively and consistently. Throughout the unit, pupils will have gained a range of attacking and defending strategies, and increased their knowledge of the rules

and laws of the game. They will be encouraged to demonstrate this as a player, official and leader within lessons.

Athletics

In this unit pupils will accurately replicate running, jumping and throwing skills and will learn specific techniques for athletic events in order to improve performance. Pupils will investigate the aspects of good technique for each event, for example by identifying the correct position of the body during a sprint start, and use this information to become more technically proficient. In all athletic activities, pupils will aim to improve their skills and achieve new personal bests in relation to speed, height and distances and will have a number of opportunities to do so, on the track, in the field and in the sand pit.

Cricket

During the Summer term, boys will study a 6 week unit of cricket, in which they will replicate and improve individual technique in batting, bowling and fielding. Pupils will be developing the skills and techniques they will have learnt in Primary school. Pupils will work on improving the quality of these skills with the intention of scoring runs against their opponents. In striking and fielding games such as cricket, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils will explore the rules and conventions of the game, and use their knowledge to accurately umpire games for their peers.

Rounders

Girls will study a 6 week unit of rounders during the Summer term, where they will be given opportunities to develop the fundamental skills of throwing and catching as well as hand-eye coordination. Pupils will participate in drills that are specifically designed to develop their accuracy within throwing, including the correct use of direction and

force. Pupils will also spend time using batting tees to improve their striking ability, helping them to hit the ball into the field. Pupils will develop their understanding of the rules within rounders and have the opportunity to apply the rules in game and practice settings.

Information

More information about the PE curriculum can be found here. This is the National Curriculum for PE.

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study#key-stage-3>.

You can help your child at home by helping them to research and read around the topics that they will cover each half term, and where possible, encourage them to attend or watch professional sports. We have a variety of clubs available in school and you can help to improve your child's confidence and ability in PE by encouraging them to participate in these.

You can help your child develop their awareness of a healthy lifestyle by involving them in the selection and preparation of healthy family meals and promoting active play and recreation.

Finally, your child will be expected to bring PE kit to every lesson and you may assist your child by checking their timetable with them and identifying the days when they will need their PE kit, before making sure that they own appropriate Blue Coat Academy PE kit.