

## Year 7 PHYSICAL EDUCATION

### Overall Intent:

Over the course of Year 7, students will visit each of the Thirsk School Values/Visions twice, focusing on these skills through a different sport each time. Students will be assessed in each Value/Vision as well as their skill level in each sport after each module of 6 lessons. Students will gain knowledge and understanding of each Value/Vision and begin to demonstrate and practise them through tasks set in PE lessons. Students will also be introduced to the core skills for each sport and begin to practise them in a variety of situations. They will build up to more competitive situations as they improve their individual skills.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Topic/Area of study</b>	HOCKEY, NETBALL OR BASKETBALL	HEALTHY LIVING AND FITNESS	GYMNASTICS DANCE	ORIENTEERING ATHLETICS	CRICKET ROUNDERS TRAMPOLINING	FOOTBALL BADMINTON
<b>Key learning aims – knowledge and skills</b>	Students will gain an understanding of what it means to be a good team player, what is required to cooperate with others and how to communicate effectively. Students will also gain an understanding of different cultures and how diversity can benefit a team.	Students will explore their physical, emotional and social health, identifying areas they might need to focus on. They will also investigate how to protect their self-esteem and look for the positive in all situations.	Through Gymnastics and Dance, students will need to use their imagination and be creative to produce engaging and unique sequences and performances.	Students will reflect on what it feels like to continue to try their best even when a situation is challenging. They will find out about themselves and how they cope with challenge and what it feels like to overcome a challenge and be proud of themselves.	Students will need to understand other people's needs and empathise with their point of view. In a leadership or coaching role students will need to work with different students and help them with the task. They will also understand the challenges of these types of roles.	Students will need to understand rules and adhere to them. They will benefit from acting as an official, so they understand what it feels like to be in this role.