

## Year 7 Physical Education Curriculum Plan

<b>Topics covered</b>	<b>Assessments</b>
<p>In all years the curriculum is varied so that students develop a wide range of skills, knowledge and strategies to be successful and enjoy physical activity.</p> <p>As a result they develop confidence to take part in different physical activities and learn how to lead a healthy and productive life. They work as individuals within groups and in teams to develop concepts of fairness, personal and social responsibility.</p> <p>Through the range of experiences that we offer they learn how to be effective in competitive, creative and challenging situations.</p> <p>Activities taught; Rugby, Hockey, Basketball, Badminton, Football, Netball, Fitness, Gymnastics, Cricket, Tennis, Rounders and Athletics.</p>	<p>Assessment concentrates on the concepts of performance, skill development and knowledge and understanding of the activity and its benefits.</p> <p>There is some assessment of the students' ability to develop an active healthy lifestyle.</p>
<p><b>Home enrichment opportunities</b></p> <ul style="list-style-type: none"><li>• The department runs a comprehensive number of Lunchtime clubs which support the curriculum and are open to all.</li><li>• Most Wednesday nights we have fixtures with local schools in addition to this, further tournaments and friendly matches are regularly played.</li><li>• Monday nights there are further opportunities to join in sports clubs.</li><li>• The department also has good links with local clubs, national bodies and its own sports centre to extend pupils experience and enjoyment of physical education.</li></ul>	