

Year 7 Physical Education Programme of Study

During year 7 students follow an organised programme consisting of different activities.

In the first 3 weeks students are assessed (baseline testing). This consists of a combination of fitness tests both health and skill related. Students will also take part in a number of team invasion games e.g; netball, football, basketball.

Students are divided into groups according to ability and gender.

The students group will depend on the order and activity they take part in.

Below is the plan for the 3 different groups, all activity areas last for 4 weeks (8 x 1 hour lessons).

Boys 1	Boys 2	Girls	
Baseline testing	Baseline testing	Baseline testing	2 weeks – 4 lessons week beginning 7/9/09
Football (palmer)	Badminton (SH)	Netball (Kolbe)	
Basketball (SH)	Football (Palmer)	Gymnastics	
Gymnastics	Basketball (SH)	HRF/UA (Kolbe/palmer)	
HRF/UA (Kolbe/palmer)	Gymnastics	Basketball (SH)	
Badminton (SH)	Hockey (Palmer)	Dance (Gym)	
Athletics (track)	HRF (Kolbe/gym)	Rounders (Palmer)	
Tennis (Kolbe)	Cricket (Palmer)	Athletics (track)	
Rounders (Palmer)	Athletics (track)	Tennis/Football (Kolbe)	
Cricket (Palmer)	Tennis (Kolbe)	Badminton (SH)	

During year 7 pupils' practice different skills and techniques and game situations in the different activities. Pupils start to understand what make performance effective.

There are 4 strands in the programme of study;
 Acquiring and developing skills, selecting and applying skills, tactics and compositional ideas, evaluating and improving performance, knowledge and understanding of fitness and health.

