

Ambition for All

KS3: Year 7



Year 7



Football

In this unit pupils will build on fundamental skills. Pupils will develop basic principles of attacking and defending. Finally pupils will understand the basic rules of the game.



Transition Unit
Demonstrate current ability of fundamental movement skills that will be required for individual and teams sports and the movement element of the PE National Curriculum.

Dance

Pupils will develop the basic 5 action contents of dance through characterisation. Pupils will demonstrate creativity through choreographing routines and the use of choreographic devices.



Gymnastics

Pupils will explore core skills individually and in combination. Pupils will learn to compose sequences showing creativity whilst evaluating and assessing to improve.



Rounders
Pupils will replicate and improve core skills in batting, bowling and fielding. Pupils will improve quality of replication to outwit opponent. Understand basic rules of rounders.

Athletics

Pupils will accurately replicate running, jumping, and throwing skills in events such as;

- 600m, sprinting events, relay, shot putt and javelin.



Tennis
Pupils will replicate core skill such as; forehand, backhand and basic serves to outwit an opponent. Pupils will understand basic rules of tennis.

Sports Day

Pupils will take part in a range of competitive events replicating the fundamental movement skills they have developed from the year..



To Year 8 ...

