



**Key Stage: 3**

**Subject: Physical Education**

**Aims of the subject:**

- To provide pupils with the opportunity to access quality physical activity so they develop a passion for exercise as they progress throughout life.
- To instil lifelong participation in physical activity through participating, officiating or volunteering.
- To teach the importance of physical activity and sport and equip them with the skills and knowledge to take part in physical activity.
- To educate pupils about the importance of a healthy, active and balanced lifestyle.

<b>Year</b>	<b>What will I learn?</b>	<b>What will I do?</b>
Year 7	<p>Term 1</p> <p><b>Rugby</b> Basic skills and introduction to game play</p> <p><b>Swimming</b> Basic techniques of three strokes</p> <p><b>Baseline Testing</b> Basic testing to establish current skill levels and fitness</p> <p><b>Health Related Fitness</b> Develop understanding of key areas of a healthy active lifestyle.</p> <p>Term 2</p> <p><b>Football</b></p>	<p>Passing- Lateral passing left and right handed, developing accuracy and speed. Tackling- Passive tackling, side and front. Rucking- 1/2/3 man rucks, securing and clearing out.</p> <p>Front crawl, back stroke, breast stroke.</p> <p>Hand eye coordination, invasion games, gymnastics, athletics.</p> <p>Methods of training, components of fitness and benefits of a healthy, active lifestyle.</p> <p>Passing, turning, shooting, running and</p>

	<p>Develop individual and team skills</p> <p><b>Cross-country</b> Develop understanding of running technique and tactics</p> <p><b>T/Tennis</b> Developing basic skills table tennis</p> <p>Term 3 <b>Athletics</b> Develop fundamental athletics skills</p> <p><b>Cricket</b> Develop basic skills of batting, fielding and bowling</p>	<p>heading.</p> <p>Uphill running, downhill running, predicting race pace.</p> <p>Grip, forehand, backhand and rules.</p> <p>Track and field skill development.</p> <p>Specific batting shot, various bowling techniques and catching and throwing.</p>
Year 8	<p>Term 1 <b>Rugby</b> Develop core rugby skills</p> <p><b>Swimming</b> Develop technique of 4 strokes</p> <p><b>Baseline Testing</b> Demonstrate progress from year 7 testing</p> <p><b>Health Related fitness</b> Develop stamina and core strength. Exploring components of fitness and their importance in various activities</p> <p>Term 2 <b>Football</b></p>	<p>Tackling, rucking, passing and mauling.</p> <p>Front crawl, breaststroke, backstroke and butterfly, starts and turns.</p> <p>Hand eye coordination, invasion games, gymnastics, athletics.</p> <p>Methods of training, principles of training.</p> <p>Passing, turning, shooting, running and</p>

	<p>Develop individual and team skills within opposed practices</p> <p><b>Cross-country</b> Develop muscular endurance and cardiovascular fitness and knowledge</p> <p><b>T/Tennis</b> Develop specific skills and tactics of table tennis</p> <p>Term 3 <b>Athletics</b> Develop fundamental athletics skills</p> <p><b>Cricket</b> Develop basic skills of batting, fielding and bowling</p>	<p>heading. Games for understanding.</p> <p>Hill running, race tactics, monitoring heart rate.</p> <p>Topspin, backspin, push shot and doubles play.</p> <p>Track and field skill development.</p> <p>Specific batting shot, various bowling techniques and catching and throwing.</p>
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### **Extra-curricular opportunities**

Term 1: Rugby, Swimming, Water polo, Netball, Hockey, Badminton, Table Tennis

Term 2: Football, Swimming, Water polo, Netball, Hockey, Badminton, Table Tennis

Term 3: Athletics, Cricket, Water polo, Rounders

## **How you can support your child's progress**

Encourage your child to:

- \* attend extra-curricular activities on a regular basis
- \* attend physical activities outside of school
- \* read around the subject including newspapers, online media and library resources
- \* use social media to keep up-to-date in sport at Ripley related news, events, results and fixtures (e.g. twitter @RipleySport)