



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.

Year	What will I learn?	What will I do?
Year 7	<p>Term 1: Base line tests/Netball/Swim/Hockey</p> <p>Term 2: Gym/Health Related Fitness/Netball & hockey</p> <p>Term 3: Athletics/ Rounders/Tennis</p>	<p>Base line tests: basic testing to establish current skill level and fitness. (Invasion games, gym, fitness, hand/eye coordination)</p> <p>Netball: basic skills, footwork, passing, dodging & marking; positions.</p> <p>Hockey: basic skills, dribble, pass, tackle, small games.</p> <p>Swim: basic technique (Front crawl, breast stroke, back stroke), stamina.</p> <p>Gym: travel, balance, partner work, body tension.</p> <p>Health Related Fitness: develop understanding of key areas of a healthy, active lifestyle. Components of fitness.</p> <p>Hockey/netball: Develop individual & team skills.</p> <p>Athletics: track & field, development of fitness.</p> <p>Rounders: throwing, catching, bowling, batting, game play</p>

		<p>Tennis: basic skills, hand/eye coordination, basic stroke technique.</p>
Year 8	<p>Term 1: Base line tests/Netball/Swimming/Hockey</p> <p>Term 2: Gym/Health Related Fitness/Basketball</p> <p>Term 3: Athletics/Rounders/Tennis</p>	<p>Base line tests: See year 7. To monitor progress.</p> <p>Netball: reinforce skill, development of skills in 7 a side game, develop knowledge of rules, tactics.</p> <p>Swimming: revisit stroke technique, starts & turns, improve fitness for swimming.</p> <p>Hockey: reinforce basic skills, introduce variety of passing techniques, tactics & strategies for defending & tackling.</p> <p>Gym: flight, counter balance, large apparatus, complex sequence development.</p> <p>Health Related Fitness: developing stamina and core strength, exploring components of fitness and their importance in different activities.</p> <p>Basketball: basic skills; dribbling, passing, shooting, small sided games.</p> <p>Athletics: Development of technique for track & field events. Monitoring improvement of performance.</p> <p>Rounders: development of skills. Advanced game play. Rules, umpiring.</p> <p>Tennis: Development of basic skills, singles & doubles play, scoring.</p>

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)