

# Physical Education Curriculum Guide

## Year 7

What will my son learn?		
<p>Autumn term</p> <ul style="list-style-type: none"><li>• Rugby Basic skills in relation to passing tackling and creating opportunities to recycle the ball; Rucks &amp; Mauls. Rules of the game.</li></ul> <ul style="list-style-type: none"><li>• Fitness How to record maximum &amp; resting Heart rates. Training zones and a variety of Aerobic &amp; Anaerobic tests used to record performance data.</li></ul>	<p>Spring Term</p> <ul style="list-style-type: none"><li>• Athletics Developing a range of skills and tactics in endurance races. Co-ordination of limb movement in High &amp; Long jump. The use of power, strength and accuracy in the throwing events. Students will also learn how to measure and officiate all events.</li></ul> <ul style="list-style-type: none"><li>• Swimming Water confidence in shallow or deep water. Students will display an understanding of the four swimming strokes. Efficient use of the arms and legs across all strokes</li></ul>	<p>Summer Term</p> <ul style="list-style-type: none"><li>• Cricket Basic skills; throwing &amp; catching. Different ways of retrieving the ball. Fielding in relation to a variety of positions. Tactics and strategies used in batting and bowling. Students will also be expected to develop an understanding of the scoring system and rules of the game</li></ul> <ul style="list-style-type: none"><li>• Gymnastics Students will explore rhythm and movement using a sequence of their own choice. They will also develop an understanding of body tension and flight through the use of apparatus. Music will also help to explore timing and shape.</li></ul>

### How will my son be assessed?

Formal assessments will take place at the end of every six weeks. Continuous assessment will happen throughout the year and across all twelve activities.

Assessment areas will be: Developing skills in physical activity; Making and applying decisions; Developing physical and mental capacity; Evaluating and improving; Making informed choices about healthy active life styles. These areas have been stipulated by the College and Physical Education Department.

Observation of pupils in action will form the main part of gaining evidence. Pupils will also be assessed on how they apply the skills learnt during practical sessions. Criteria achieved during lessons will be recorded onto Doodle. Students will also be expected to complete homework tasks set on Doodle.

Three periods of Games / PE, per week.

### How can I support my son with Games / PE?

- Parents should ensure their sons have the appropriate kit for their physical education and games lessons. The Ernest Bevin College kit.
- If a pupil is unable to participate in a practical activity he should have a letter from home explaining the reason and he will be expected to wear kit and participate in one of the following roles; Umpire / referee, equipment monitor and time keeper. If the problem persists for more than one week he will need a letter from his doctor.
- Parents can help by ensuring that their son attends an extra-curricular session at least once a week.
- Parents are always welcome to attend any sporting occasion such as sports days and school team fixtures.

