Year 7 Core PE

Tameside Alternative Provision Academy

Overview

In Year 7 students will be taught the basic core skills across a range of sports across the PE curriculum. Students will be given the opportunity to learn the core skills in a variety of invasion games, racket sports, striking and fielding and athletics. Students will be assessed on their performance, effort and engagement. Students will learn the basic core skills that will create a stigma to continue their learning journey in Year 8.

Year 7

Half Term 1

Students will be taught the core skills in Football and Basketball. Students will be taught the correct technique for particular skills and will have a basic understanding of the rules and they will be able to apply their learning in to competitive situations.

Half Term 2

Students will be taught the core skills in the racket sports, Badminton and Pickleball. Students will be focusing on core skills working on hand-eye coordination. Students will focus on the rules of the games and will apply their skills they have been taught in to competitive situations.

Half Term 3

Students will be taught the skills to perform in Dodgeball and Gameplay. In Dodgeball, students will improve their fine motor skills and work on their throwing, jumping and catching. They will also be taught the knowledge to perform in games. Students will also revisit certain sports and add to their knowledge of gameplay.

Half Term 4

Students will learn vital skills in Outdoor Adventurous Activities and Fitness. Students will test their fitness levels and will work to improve these through different methods. During OAA, students will take part in team building and endurance activities outside of school, such as climbing and hiking.

Half Term 5

Students will be taught the skills required for striking and fielding sports. During this block of lessons, students will learn how to strike the ball using equipment, catch from different and angles and how to effectively throw from a range of distances. Students will be taught these skills across a range of striking and fielding games, such as Cricket, Rounders and Softball.

Half Term 6

Students will be taught the core skills in a range of athletic events, such as sprinting, long distance events and field events. Students will be taught the basic skills so that they can develop their knowledge and perform in a school Sports Day.

Year 8