



YOUR
SCHOOL
JOURNEY

YEAR 7

PHYSICAL EDUCATION

PE is taught in activity block lasting half terms. The progression through a unit depends on ability. Units at Year 7 begin with basic skills and their implementation into simple conditioned activities e.g. a rally in table tennis or a 3v1 in football.

Units then move to consolidate the use of basic skill in conditioned competitive games for understanding before moving on to skills that are more advanced and competitive games involving the use of tactics and strategy.

Students develop stronger leadership skills and initiative through decision-making situations and working under pressure.

Healthy lifestyle is encouraged by forming good habits of exercise working in parallel with a good diet.

AUTUMN AND SPRING TERM

Games – Rugby, Football, Basketball, Hockey

PE – Cross Country, Gymnastics, Fitness, Table Tennis

Assessment

SUMMER TERM

Games – Cricket, Softball

PE – Athletics, Badminton

Assessment

Students are also encouraged to join school and local sports teams to challenge themselves even further.

BUILDING EXCEPTIONAL YOUNG MEN