

***Physical Education Half Term 1***

***YEAR 7 OVERVIEW Pupils will learn:***

***Boys-***

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| **Half Term 1 - Basketball & Rugby** | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Running with the Ball and Rules** | **Passing and Attacking and Defensive Lines** | **Front Tackle** | **Developing Passing** | **Drawing the tackler in and Options from a tackle** |
| **Ball Familiarisation** | **Dribbling** | **Passing** | **Shooting Principles - (Set Shot, Jump Shot, Lay Up)** | **Rules and Regulations** |

***Girls & Mixed groups-***

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| **Half Term 1 - Football & Netball** | | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** | **Lesson 6** |
| **Side Footed Pass** | **Dribbling** | **Control (feet)** | **Throw ins - Kick off and Goal Kicks** | **Academic review** | **Academic review/ Addressing misconceptions** |
| **4 Types of Pass** | **Signalling for the ball** | **Landing and Pivoting** | **Shooting** | **Academic review** | **Academic review/ Addressing misconceptions** |

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| ***Extracurricular opportunities linked to the sports being taught*** | 1. *Netball Thursdays afterschool* 2. *Football Mondays afterschool* 3. *Girls Football Tuesdays afterschool* 4. *Dodgeball Lunchtime* 5. *Futsal lunchtime* 6. *Futsal years 9-11 Monday afterschool* 7. *Trampolining Lunchtime* |