

## Physical Education Year 7 Curriculum

The PE Faculty run an extensive extracurricular programme for all pupils throughout the year. These take place at lunchtimes where possible and afterschool. The clubs include:

Netball, hockey, football, rugby, badminton, basketball, cross-country, trampolining, athletics, rounders, tennis, cricket, table tennis and Talent ID.

Pupils can attend these clubs on a recreational basis or to train to try to make the school teams. There will be opportunities for all pupils to be involved in competitions through the Inter Tutor Group tournaments which take place throughout the year. Pupils can also get involved in the extra-curricular fixtures and tournaments that the PE faculty arranges throughout the year in most of the sports listed above against other schools in the area.

The clubs change at the end of each two half terms to try to give as many opportunities to the pupils as possible.

### **Things to work on over the summer so you are ready for September:**

1. Lots of sports require you to send and receive a ball. Practice your throwing and catching skills with various different balls. Practice kicking/hitting balls or shuttle cocks to work on your hand eye co-ordination. Have a partner to work with so you can practice your catching /receiving skills. If no one will practice with you then use a wall to get the equipment to rebound back to you.
2. Work on your fitness. Go out for more walks / go jogging or get out on your bike to improve your stamina. Try to do some of the HITT sessions on you-tube to work on your speed and strength.
3. Work on your agility - your ability to move and change direction quickly and in control. Use cones or anything else as a substitute to run to and then change direction and move to another cone.
4. Work on different movement patterns. Running forward, tracking backwards. side steps, cross over steps. All these movements are needed to be effective in lots of different sports.
5. Work on your flexibility - do stretches every day. Again this will help you to perform different skills and help prevent you getting injured.
6. See if you can learn a few rules of each sport mentioned at the top of this page.

Have fun and see you in September.