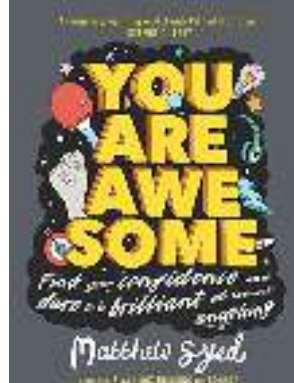




## What We Are Learning in Grade 7 Boys PE

Term 1	Term 2	Term 3	Working towards
<p><b>Unit Name:</b> Team Games</p> <p><b>Outcome:</b> For pupils to try a series of different team games looking at the way to improve performance across multiple sports through coordination, improvement in skills and techniques whilst working as a team. To find similar themes between these sports and develop knowledge of performance from week to week.</p> <p><b>Suggested tasks:</b> Pupils are to try sports through introduction sessions in basketball, football, handball for example, exploring similarities in spatial awareness, techniques and teamwork. Developing performance analysis skills simulations.</p> <p><b>Final assessment:</b> Students performance will be assessed in a game during the last lesson of the term.</p>	<p><b>Unit Name:</b> Swimming</p> <p><b>Outcome:</b> For pupils to advance their knowledge of different swimming strokes and develop their confidence in the water.</p> <p><b>Suggested tasks:</b></p> <ul style="list-style-type: none"> <li>• Games in the water</li> <li>• Front crawl technique</li> <li>• Back stroke technique</li> <li>• Breast stroke technique</li> <li>• Developing endurance in the water.</li> </ul> <p><b>Final assessment:</b> Pupils will be asked to perform a set distance in a set time. Their performance and time will be analysed against normative data to assess the progress they make.</p>	<p><b>Unit Name:</b> Athletics</p> <p><b>Outcome:</b> Pupils will develop their knowledge of the technical aspects of different track and field events. They will enhance their performance through technical assessment.</p> <p><b>Suggested tasks:</b></p> <ul style="list-style-type: none"> <li>• Javelin</li> <li>• Shot</li> <li>• Sprinting</li> <li>• Long distance running</li> <li>• High jump</li> </ul> <p><b>Final assessment:</b> Their final assessment will be week to week pending the discipline they are learning that week. They have the chance to perform one of their chosen events on Sports Day.</p>	<p>There will be a Sports Day in February and many of the sports covered in term 3 will be in preparation for this. The other sports completed will try to make the students more well rounded athletes and develop their sporting knowledge.</p>

### Books you may find useful:

	<p>A book about Growth Mindset and Sport. It teaches the children how to deal with success and failures in sport and in life. It is written in a very accessible way and is an enjoyable book to go along with their PE course.</p> <hr/> <p>ISBN: 9781526361332 Publication date: 19 Apr 2018</p>
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