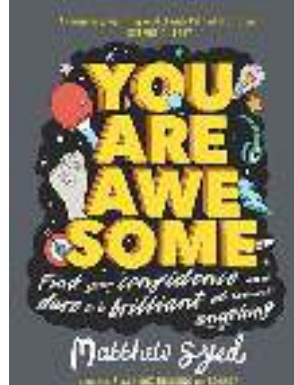




What We Are Learning in Grade 7 Girls PE

Term 1	Term 2	Term 3	Working towards
<p>Unit Name: Fitness</p> <p>Outcome: Pupils will understand some of the key words to do with fitness. They will understand how our bodies respond to exercise in short and long term. They will understand how to design a basic exercise session and how to warm up and cool down effectively.</p> <p>Suggested tasks:</p> <ul style="list-style-type: none"> • Circuit training • Warm up development • Cool down development • HR exercise • Core stability development <p>Final assessment: Pupils performance will be assessed ongoing throughout the lessons and their fitness can be tested at the end of the unit with a few modified fitness tests. Their knowledge will then be assessed through effective questioning.</p>	<p>Unit Name: Team Games</p> <p>Outcome: 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>Suggested tasks: 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>Final assessment: Students performance will be assessed in a game during the last lesson of the term</p>	<p>Unit Name: Athletics</p> <p>Outcome: 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>Suggested tasks:</p> <ul style="list-style-type: none"> • Javelin • Shot • Sprinting • Long distance running • High jump <p>Final assessment: 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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