



Presdales Physical Education Journey

Year 7 – Creating a Love for Physical Education



Tennis

Your lessons will look at developing various forehand and backhand strokes, serving and the basic rules of the game.



Swimming

All Year 7 students will develop their water confidence and technique in front crawl, breast stroke, back crawl and butterfly. You will also learn to dive and synchronise swim!



Rounders

You will develop your essential throwing and catching skills. You will learn how to bowl, bat, fielding techniques and some positioning / tactical play within this unit.



Orienteering

You will learn how to orientate the map and use it to navigate round the school site. You will also develop the ability to use a compass to read and give bearings on Orienteering courses.



Summer Term



Basketball

You will be developing the basic core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting. You will be attempting the lay-up in mini-games.



Football

Your lessons will be tailored towards developing dribbling, passing, shooting and both attacking/defensive aspects of the game. You will develop the ability to maintain possession during mini-games.



Athletics

Your lessons will be covering the three disciplines of athletics: throws, runs and jumps. You will develop an understanding of the basic technique required for each event.

Spring Term



Dance

You will learn a variety of dance terminology and choreography skills through cheerleading, for example unison, canon, formation. You will develop performance skills and teamwork whilst moving in time to music.



Hockey

Your lessons will look at the grip, basic rules, handling, dribbling, passing, block tackle and shooting. This will then be applied through games to develop some space and tactics.



Gymnastics

You will be developing the basic components of a routine, which focus on jumps, rolls, balances and travel. You will gradually create a routine using small and large apparatus e.g. benches, boxes, wall bars, ropes, beams.

Autumn Term

Fitness

You will develop an understanding of the different ways fitness can develop an active, healthy lifestyle. This will include circuit training, fun cardio games, aerobics and boxercise.



Netball

You will start by learning the fundamentals to this sport; passing and footwork. You will also look at attacking skills such as dodging and shooting as well as defending. Lastly, you will gain an understanding of the court positions.



Show Your Commitment

- ✓ Try your best in all lessons
- ✓ Bring your PE kit to all lessons
- ✓ Attend PE extra-curricular clubs each term

Demonstrate the School Values

- Ambition
- Equality
- Creativity
- Integrity
- Resilience
- Kindness

Fixtures

Below are the fixtures/tournaments you can compete in across the year if you come to extra-curricular clubs

- Dance/Gym Show
- Basketball
- Tennis
- Trampolining
- Rounders
- Football
- Hockey
- Athletics
- Cricket
- Netball
- Equestrian
- Cross-Country
- Sportshall Athletics
- Swimming



Your Physical Education Journey starts here ...