

DAGENHAM PARK SUBJECT CURRICULUM

Subject	Physical Education
Year Group	7
<p style="text-align: center;">Overview</p>	<p>Pupils are taught two hours of Physical Education each week. The schemes of learning are based on the National Curriculum, which ensures pupils are taught a range of sports. The lessons are creative, challenging and dynamic to ensure learners are stretched to achieve their full potential. Sports are taught for six lessons to allow a comprehensive study of the subject matter.</p> <p>During year 7 pupils will build and develop basic knowledge and skills in a range of sports. Pupils will be familiar with some of these sports and activities from primary school and some will offer new and exciting opportunities. Pupils will all develop core skills, fundamental movement skills and basic techniques used in a range of sports.</p> <p>Pupils will be given the opportunity to participate in a range of team and individual sports that place them in direct competition, these are detailed below. In these sports and activities, pupils will focus on developing their ability to perform skills and techniques with accuracy and precision. In competitive situations, pupils will develop their understanding of fair play and the ability to participate with good sportsmanship.</p> <p>Pupils will also develop their techniques and skills in other competitive sports such as Athletics and Gymnastics. Pupils will draw upon knowledge of each sport when analysing their own performance and performance of others. Analysis will include descriptions based on what pupils can see compared against success criteria and model performances.</p> <p>Pupils will continue to develop the confidence and interest to participate in exercise, sport and activities outside school and in later life. Through Fitness and OAA, pupils will develop their ability to overcome challenges and solve problems. Pupils will also develop an understanding of the different body systems and the role they play when we exercise.</p>
<p style="text-align: center;">Autumn Half term 1 & 2</p>	<p>During the autumn term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> • Basketball • Fitness • Football • Netball • Rugby • Table Tennis

<p>Spring Half term 1 & 2</p>	<p>During the spring term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> • Badminton • Gymnastics • Fitness • Football • Netball • Table Tennis
<p>Summer Half term 1 & 2</p>	<p>During the autumn term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> • Athletics • Cricket • Handball • Rounders • OAA
<p>Homework</p>	<p>Theory homework will be set throughout the course of the year, particularly when studying Fitness.</p> <p>Pupils are encouraged to attend extracurricular clubs. A Timetable is produced for each ½ term to provide a range of sporting opportunities.</p> <p>The school has sports teams in a range of sport and takes part in borough leagues and cups. Fixtures are played throughout the year.</p>
<p>Useful Resources</p>	<p>Welcome To TeachPE.com - TeachPE.com GCSE Physical Education - BBC Bitesize</p>