

YEAR 7 PE:

AUTUMN & SPRING TERM TOPICS

- Handball, Hockey, Football, Basketball, Dance, Fitness
- Team game activities will focus on basic skills, techniques and tactical fundamentals, such as the principles of passing, receiving, gaining and maintaining possession, use of width depth in attack and denying space as a defender
- The dance unit of work will focus on improving performance skills through exact replication of technical skills - students will study a professional dance work and develop their choreographic ability through various creative and compositional tasks
- Throughout the dance unit, pupils will be encouraged to perform on a non-competitive platform, work in small groups and develop both self and peer reflection to maximise the quality of their work