

Topic Lists

Year 7 PE

In Year 7, girls complete a rotation of activities (netball, hockey and dance) in their games lesson in addition to a weekly swimming lesson with their form.

Autumn & Spring Term	Swimming- Strokes and Techniques. Girls develop their aquatic principles of buoyancy, breathing and propulsion.
	Netball- An introduction to attacking and defensive principles through game play and conditioned practices.
	Dance- Introduction to the fundamentals of dance, exploring action, space dynamics and relationships by learning a performance piece and creating their own choreography
	Hockey- Dribbling skills, basic passing techniques- push and slap, moving with the ball and maintaining possession
Summer Term	Rounders- Girls are taught about essential teamwork skills such as communication, decision-making, problem-solving through game play and team challenges.
	Athletics- Basic fundamental movement techniques in the following disciplines: 100m, 200m, 800m, hurdles, long jump, high jump, discus, javelin and shot put.
	Tennis- Fundamental skills and techniques including forehand, backhand, serve, volley and footwork patterns.
	Cricket- Girls are taught bowling and fielding skills through a wide range of fun competitions, challenges and games.

Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.