

# GRAVENEY SCHOOL



## PE

### YEAR 7

Lesson(s) per week	2
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Homework per week	Termly projects
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**Staff to contact: C Briggs (Head of PE)**

#### Course content/description

The department follows the PE National Curriculum and offers a range of activities and sports for pupils to develop as a performer in. Pupils will be taught:

1. **Assessment and adaptation: fitness/skill testing to measure ability from Primary School.**
2. **Foundation Skills: exploring basic skills and concepts that may have been delivered in PE lessons at Primary school.**
3. **Invasion games: developing skills that can be applied across a range of team games.**
4. **Gymnastics and Dance: floor work and motif development**
5. **Short Tennis.**
6. **OAA: team building and problem solving activities.**
7. **Striking and Fielding: Rounders**
8. **Athletics: Running, Jumping, Throwing.**

#### Assessment

Pupils will be assessed using standardised data for their first block of work. They will complete a series of fitness tests and the results obtained will be compared against national averages for their age and gender.

This information can be used to inform pupils and parents about potentially suitable activities that a child could take part in and is a very useful process for measuring progress across the key stages.

Pupils are given an end of unit level for all other activities which is tracked and monitored across their time in key stage three.

Pupils will be given the opportunity to develop their theoretical knowledge of PE and Sport and will be encouraged to complete written tasks through out the year. These will be delivered in lessons and pupils will complete over the period of one whole unit of work (approx 8 weeks).

At the end of year 7 all pupils sit a 30 minute end of year exam which tests their understanding of both practical and theoretical elements.

#### Books/other/materials/visits

All pupils will have the opportunity to represent their house through out the year in a sporting capacity. There are termly interhouse competitions that are inclusive to all abilities.

#### What help can be given at home?

Please ensure you clearly name your child's kit.

Please ensure that they have appropriate attire for both indoor and outdoor PE lessons  
Encourage your child to attend one of the many extra curricular clubs the PE department offers to ensure they are remaining active and fit for life!