

Physical Education

Year Group 7

The Physical Education department is in the unique position where rotations around facilities and the weather must be considered. In addition to this consideration is made to fall in line with Sunderland & Tyne & Wear School Games, Primary links, inter-house & school sport, traditional seasonal activities, different year groups & exam classes that are timetabled at the same time.

This means that pupils follow the same SOL for each activity but the timing of when they are delivered depends on each class' individual rotation. However, all pupils receive the same offer in each year group and key stage meaning that they receive a very broad and balanced PE curriculum.

In year 7 pupils take part in a range of activities from different sports. Each activity is covered on a half termly basis for a minimum of 5 weeks and a maximum of 8 weeks.

Number of Hours	Topics
5-8 per activity	Sports range from: Netball, football, badminton, basketball, cricket, tennis, rounders, athletics, trampoline, dance, gymnastics, health-related fitness and Outdoor Adventurous Activities.
Reasons behind the choices of activity	
<p>The St. Anthony's curriculum for physical education for year 7 aims to ensure that all pupils: develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.</p> <p>Pupils are given opportunities to build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.</p> <p>They are taught to understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.</p> <p>In Year 7 Pupils are taught to:</p> <ul style="list-style-type: none">• Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games (badminton, basketball, cricket, football, netball, rounders, and tennis)• Develop their technique and improve their performance in other competitive sports (athletics, gymnastics and trampoline)• Perform dances using advanced dance techniques within a range of dance styles and forms• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	

- Take part in competitive sports and activities outside school through community links or sports clubs.

The amount of activities on offer allows all pupils to access the National Curriculum and receive a broad and balanced curriculum with the aim of allowing pupils to excel in a range of sports, enjoy participating in a range of sports and to promote life-long participation. The activities that we have offered to the pupils are long-standing, recognised, traditional activities, with well-established governing bodies that are at the forefront of sport in the media and our society and are also recognisable in world competitions such as; Olympics & Commonwealth games to inspire pupils to emulate roles models. These activities are all covered in our regions' school games and within the locality there are many grass root opportunities and club links that can be promoted for pupils to be encouraged to seek participation outside of school. We have also considered staff expertise and the popularity of activities with pupils within our years of teaching experience with girls. There has also been thought to link with external exam specifications so that pupils' performance can be developed during key stage 3, ready to access assessment criteria set by exam specifications. Consideration to seasonal variations is made by offering cricket, rounders, tennis and athletics in the summer term for most classes and invasion games during the autumn/winter/spring terms. Whereas some of the indoor activities can be played all year round.

