

Year 7 PE @ VGMS



Competition

You will be introduced to competition – Intra / Inter / Sports Day / School Games

Half Term 2

Rugby – You will be introduced to contact rugby having learned the basics of tag rugby in Year 6

Dance – Your opportunity to be creative and work well with other people to produce a routine



Half Term 1

Netball – You will learn how to play specific positions and apply attacking and defending tactics in the game

Sportshall Athletics – Can you improve on your performances from Year 6?



Your journey starts here



Start of Y7

Half Term 4

Football – Building on the respect ethos of football, you will look at specific attacking and defending principles

Volleyball – How do you work together as a team to increase your chance of scoring points



Extracurricular Clubs

We have a number of different clubs for year 7. We encourage everyone to attend at least one club. You are all welcome!

Half Term 3

Hockey – What principles of other invasion games can you apply to games of hockey?

Badminton – You will consider ways of outwitting your opponent in order to score points



Half Term 5

Basketball – How does basketball differ from netball? What are the rules of basketball? How do you become a better basketball player? All will be revealed

Athletics – Track and field events. Track events include sprints, middle and long distance. The field events involve throwing and jumping. This unit will help you prepare for Sports Day



Community Clubs

You will be encouraged to join local clubs linked to the school

Sports Day

End of Y7



Assessment in PE



Head



Heart



Hands

Half Term 6

Striking and Fielding – Rounders and cricket games looking at different aspects of batting, bowling and fielding

Orienteering – Using advanced map reading techniques, teamwork and fitness to successfully find checkpoints

