

## Year 7

### What will be studied?

#### Topic(s)

**Health and Fitness** - Students develop an understanding of the components of fitness through practical application and theoretical knowledge. All students will complete fitness testing at 3 points during the academic year.

**Creative (Dance or Gymnastics)** - Students learn choreography techniques and how to include these into a final dance performance. Students learn how to perform gymnastics movements to showcase in a final performance.

**Net/wall games** - Students will take part in badminton and table tennis, learning how to perform skills and play in full games.

**Invasion games** - Students learn skills, tactics and strategies to outwit their opponents.

**Striking and Fielding** - Students learn the fundamental skills of striking and fielding and implement them in game play.

**Athletics** - Students learn track and field events, as well as training methods aimed to improve performance in athletics activities.

#### How do you assess the learning?

All end of unit grades are given by completing core tasks, and full game play. In all units, students will experience peer and self assessment, practical moderation, home learning tasks.

Theory-Components of fitness, Respiratory system, Circulatory system, Skeletal/Muscular system.

### End of Year Assessment

#### How will I be assessed at the end of the year?

Students will be assessed using the GCSE 9 - 1 gradings for all practical activities. An average grade will be given from all activities completed during the academic year.

### How can I help my child?

#### Guidance and advice

GCSE bitesize, ShowMyHomework, Brian Mac, Extra-curricular clubs.

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