



Physical Education: Year 7 Overview

In Year 7, PE is taught in form groups. This supports students in building positive relationships members of their form, early in their school life. Over the year, all students are encouraged to develop a number of sport/team specific skills as well as improving general fitness.

Students have 2 PE lessons every week, in addition to one Dance lesson. There is a breakfast club every day from 8.00am and at least one club after school for Year 7's to attend.

Activities are taught in short blocks of 8 lessons.

Activities covered in Year 7

Basketball, football, fitness, trampolining, health and fitness, table tennis, netball, athletics, cricket. There is also a new 'sports experience' unit where students are introduced to hockey, volleyball, handball, and mini tennis'.