

## Overview

**Year 7** –Pupils will develop the ability to overcome opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform basic skills consistently applying fluency, accuracy and fundamental technical elements of the game. Continual development, adaptation and refinement of skills will contribute to producing improved performances & techniques.

## Term by term

Term	Focus	Assessment
Autumn and Spring	<p>During these two terms pupils’ main intention is to invade their opponents’ territory and to overcome them so that you can score. Pupils will study:</p> <p><b>Basketball:</b> In this unit, pupils will focus on developing basic team attacking and defending strategies and techniques. In Basketball activities, pupils select and apply the fundamental skills of passing, shooting and dribbling so that they can carry out tactics with the intention of outwitting their opponent(s).</p> <p><b>Football:</b> In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for football. They work on improving the quality of the fundamental skills of passing, controlling and shooting using various techniques to overcome their opponent. In all game’s activities, pupils think about how to use skills, strategies and tactics.</p> <p><b>Rugby:</b> In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for rugby. Pupils will work on improving the quality of the fundamental skills of passing, catching and tackling with the intention of overcome their opponents. In all game’s activities, pupils think about how to use skills, strategies and tactics</p>	<p>Q &amp; A, Formative and summative assessment, Peer assessment on pupils ability</p> <p>Pupils will be assessed on their ability to perform the skills, techniques and ideas and apply them accurately and appropriately.</p> <p>How good pupils physical capacity (i.e. speed, stamina, strength and flexibility) is to cope with the demands of the activity. Their ability to explain the strengths and weakness of their own and other performance.</p>
Summer	<p><b>Athletics:</b> In this unit, student will improve their running, jumping and throwing skills and learn specific techniques for events in order to improve performances. In all athletic activity, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.</p> <p><b>Cricket:</b> During this unit, Pupils will focus on developing their understanding of the tactics of the game, as well as recognising the importance of improving the techniques. In cricket pupils will use their knowledge, skills and understanding with intention of outwitting an opponent. In cricket pupils achieve this by striking the ball so that fielders are avoided, and then running between wickets.</p>	

## Homework

- Extension and Enrichment: -
- Practise skills at home
  - Take part in school sports, either competitively or socially
  - Join clubs in the community and/or use local facilities
  - Watch live and recorded matches, to appreciate high-quality performance
  - Read rule books and sports reports in newspapers and magazine

## Useful Resources

<https://www.basketballengland.co.uk>, <https://www.ecb.co.uk> <https://www.thefa.com>  
<https://www.englandrugby.com/home> <https://www.uka.org.uk>

## Who to Contact

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