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| **Year 7 Units:**  Basketball; Rugby; Gymnastics; Cross Country; Football; Netball; Hockey; Athletics; Tchoukball; Rounders; Cricket; Lacrosse; Handball; HRE | | | |
| *By the end of the year working at students should be able to:* | | | |
| **Sports Performance** | **Sports Analysis** | | **Leading a healthy and active lifestyle** |
| * Perform and replicate skills accurately and consistently within given sports and apply these in gameplay. * Show confidence in leading small groups for deliberate practice * Show understanding of defending and attacking principles in invasion games and apply tactics to this * Begin to develop specific gymnastic skills based around two disciplines: floor and vault * Show an understanding of rules and how they govern gameplay; begin to officiate in sports I am comfortable competing in * Effectively communicate with others * I use the ‘five key skills’ consistently across a range of sports in deliberate practice with some teacher input(throwing, communication, co-ordination, strong position, catching) | * Observe others performance and recognise strengths and weaknesses using sport specific terminology * Compare others performances to my own and suggest improvements using sport specific terminology * Use the performances of professionals to improve my performance and discuss these in sports I am interested in * Show an understanding of the wider context of the sport and be aware of major events taking place around the time. | | * I know several activities for stretching and link these to sports specific warm ups * I know several activities for raising my pulse and link these to sports specific warm ups * I am aware of at least one sport that could I could become a ‘life-long participant’ of * I show an awareness of long term health effects on sport (Lower resting HR etc.) |
| **Cross-Curricular Knowledge** | | ***Greater Depth*** | |
| * Converting units of measure: cm – m/m – km and back again * Names of muscles and bones. * Percentages * Cardio-vascular system | | * *Perform and replicate skills fluently in games, particularly when under pressure from opponents* * *I can consistently outwit opponents across a range of sports both individual and team* * *I utilise team mates to outwit opponents* * *Individually, I demonstrate a wide range of tactics and skills to outwit opponents* * *observe performances of others and myself and set appropriate targets for subsequent lessons* * *take responsibility for using a personal warm up tailored to my needs* | |
| ‘**Being a sportsperson’** | | | |
| * Support other participants * Attend extra-curricular clubs * Represent the school in at least one sport against another school * Understand sports context in the wider world | | | |