



## PE – Year 7 Athletics



**West Kirby**  
Grammar School

Learning about this topic is important because: it has many fundamental skills. In year 7 students have gained some running, jumping and throwing skills in primary school but these are limited and need thorough development. Athletics enables young students to build many different qualities such as perseverance, determination, resilience and endeavour.

This builds on:

Primary school athletics activities. Builds on knowledge of working hard to improve upon a previous personal best time / distance / height.

This leads to:

repetition of fundamental skills such running, jumping and throwing skills in an athletics form which can be used in other team and individual sports. Works towards Y8 development of fundamental skills in competitive scenarios and utilising these skills to improve upon a personal best. They will aim to become more technically efficient across a number of athletic events.

We will learn:

Basic technique for efficient sprinting  
Pacing for running middle distance races  
How to pass a relay baton efficiently  
How to accurately replicate effective long and high jump technique.  
How to generate power for effective shot putt technique  
How to use a stopwatch to record times  
How to measure each event correctly

We will develop/practise skills including:

Sprinting  
Middle distance running  
Relay  
Hurdles  
Long Jump  
High Jump  
Shot Putt  
Discus

Some of the vocabulary that we will use includes:

Speed, pacing, stamina, technique, run up, take-off, landing, grip, stance, personal best

You could learn more about this topic by:

Watching athletics competitions e.g. Diamond League on TV and YouTube  
Researching rules of different events on the internet  
Attending extra-curricular athletics club  
Competing for your House on Sports Day  
Joining an athletics clubs outside of school e.g. Wirral AC, West Cheshire AC, Warriors PAC

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Competitive scenarios within the lesson to show application of learnt skills for each event  
Tasks that give you the opportunity to improve upon your previous best performance.



# Physical Education -Year 7 Dance (Bollywood)



**West Kirby**  
Grammar School

**Learning about this topic is important because:** It teaches students about Indian dancing and the characteristics and style of this dance. It allows students to develop their awareness of diversity and culture and how dance is represented. Students are given the opportunity to develop teamwork, leadership and communication in this topic. Students will learn to creatively express through Bollywood dance and learn to perform in front of an audience.

**This builds on:** Any prior knowledge and understanding of Bollywood dance. Some students may have a background of Indian dancing and will be able to build on these skills and understanding. Students may have worked in groups before and may have some prior experience of creating choreography and performing dance in front of an audience and this topic will improve this confidence.

**This leads to:** Performing in front of an audience in other aesthetic activities such as Gymnastics. Works towards understanding of interpreting music and confidence developing choreography to the beat of the music. Improved knowledge of Indian dance and the style it is performed in. Student will develop ability to create choreography, working in pairs, small groups and as a class.

## We will learn:

- ✓ What the key characteristics of Bollywood dance are
- ✓ Basic movements seen in Bollywood dance
- ✓ How to create choreography, interpreting the music
- ✓ How to count the music
- ✓ Unison and canon. How can unison and canon be used in Bollywood dance
- ✓ How levels can be used in dance
- ✓ Performing in front of an audience
- ✓ How to work as a team and contribute ideas to a group
- ✓ What a good performance looks like

## We will develop/practise skills including:

- ✓ Unison and canon
- ✓ Use of levels
- ✓ Use of space
- ✓ Use of formations
- ✓ Changes of speed and dynamics
- ✓ Hand movements
- ✓ Facial expressions
- ✓ Movements in the legs and hips
- ✓ How to interpret the music
- ✓ How to choreograph movements to fit in with Bollywood dance
- ✓ Communicate with partner and small group when creating choreography

## Some of the vocabulary that we will use includes:

Unison, canon, levels, dynamics, beat, formations, transitions, rhythm, timing, choreography, pathways, warm up, cool down, performance, audience, speed, control, culture, diversity

## You could learn more about this topic by:

Watching youtube videos of Bollywood dance  
Listening to Bollywood songs  
Researching key characteristics of Bollywood dance  
Watching a live performance of Bollywood dance  
Joining a dance club/school that specialise in Bollywood dance



**Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:**

Performance of choreography at the end of the topic and opportunities to peer assess in each lesson, watching other groups' choreography



# Year 7 Football



**West Kirby**  
Grammar School

Learning about this topic is important because: it has many fundamental, practical games skills. In year 7 some students have gained experience of learning football skills in primary school but these are limited or none at all and need thorough development. Football enables Year 7 students to build many different qualities such as teamwork, communication, resilience, endeavour and develops hard work.

This builds on:

Primary school games activities/extra-curricular games activities. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal. Some students will play football outside of school and this will build on prior levels of skill and understanding.

This leads to: repetition of fundamental skills such as individual dribbling / passing/receiving the ball, attacking skills, defending skills, knowledge of rules and regulations and basic game play which can be transferred to other team sports. Works towards Y8 development of fundamental skills in competitive scenarios and utilising these skills to gain an advantage over an opponent.

We will learn:

Control of the ball when moving (dribbling)  
Types of passing, when to pass, type of pass to use etc  
Stopping the ball  
Tackling  
Getting around at player  
Beginning to use both feet  
Knowledge of positions in a team for a small, sided game  
How to work as a team and contribute ideas to a group  
How to communicate effectively on the pitch  
Throw ins  
Basic rules

We will develop/practise skills including:

Passing over a short and long distance  
Dribbling, changing direction with the ball, looking up with the ball  
Stopping the ball using either foot  
Change direction to get around a player  
Tackling  
Marking a player in game play  
Basic game play  
Basic rules – free kicks (direct and indirect, corners, throw ins)  
Knowing roles of forwards and defenders  
Communicate with team mates to know when players are free during a game, when to make passes

Some of the vocabulary that we will use includes:

Dribbling  
Tackling  
Throw in  
Passing  
Corner  
Free kick  
Shoot

You could learn more about this topic by:

Watching football games on YouTube.  
Researching rules of football on the internet  
Attending football extra-curricular club  
Joining a local football team  
Attending a local match





# Year 7 Football



**West Kirby**  
Grammar School

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways.

You will complete a short-written assessment.

The key pieces of work in this topic are:

**Competitive scenarios at the end of lessons to show application of learnt skills into a game**

**Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time**



# Physical Education -Year 7 Gymnastics



**West Kirby**  
Grammar School

**Learning about this topic is important because:** It teaches students good management and how to incorporate control, precision and aesthetics into sequences showing creativity.. Students are given the opportunity to develop teamwork, leadership and communication skills within this topic. Students will learn to perform a variety of skills on the floor and on small apparatus while also performing in front of an audience.

**This builds on:** Any prior knowledge and understanding of gymnastics gained at primary school. Some students may have a background gymnastics and will be able to build on these skills and understanding. Students make have worked with a partner before and may have some prior experience of creating and performing gymnastic sequences in front of an audience. This topic will improve this confidence.

**This leads to:** Performing in front of an audience in other aesthetic activities such as Dance. Works towards developing skills and confidence when performing sequences. Improved knowledge of gymnastics and what makes a good performance. Students will develop ability to create sequences individually and working in pairs.

## We will learn:

- ✓ What are the characteristics of a good sequence
- ✓ Basic gymnastic skills performed on the floor i.e. rolls, jumps, individual balances.
- ✓ How to combine skills into a short sequence
- ✓ Different ways of travelling
- ✓ Unison and canon. How can unison and canon be used in gymnastics when performing with a partner
- ✓ How to transfer the performance of skills from the floor onto apparatus
- ✓ How levels can be used in gymnastics
- ✓ Performing in front of an audience / peers
- ✓ How to work with a partner and contribute ideas
- ✓ What a good performance looks like

## We will develop/practise skills including:

- ✓ Variety of rolls
- ✓ Variety of jumps (different shapes)
- ✓ Ways of travelling
- ✓ Individual balances
- ✓ Other gymnastic agilities (e.g.cartwheels)
- ✓ Linking movements together to create sequences
- ✓ Transferring skills from the floor onto apparatus
- ✓ Communicate with partner and small group when creating sequences together

## Some of the vocabulary that we will use includes:

Rolls, balance, jump, leap, travel, sequence, unison, cannon, levels, apparatus, landing, pathways, warm up, cool down, performance, audience, speed, control, precision.

## You could learn more about this topic by:

Watching Youtube videos of gymnastic routines  
Researching key characteristics of gymnastics – different apparatus  
Watching a live performance of gymnastics  
Joining a gymnastics club



**Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:**

Performance of an individual or pair sequence on small (low level) apparatus at the end of the topic. You will also have opportunities to peer assess in each lesson, watching other students perform.



## PE – Year 7 Netball

Learning about this topic is important because: it has many fundamental skills. In year 7 students have gained some catching a throwing skills in primary school but these are limited and need thorough development. Netball enables young students to build many different qualities such as teamwork, communication, resilience and endeavour.

This builds on:

Primary school games activities. Builds on knowledge of working as part of a team and how to collaborate with others to achieve a common goal.

This leads to: repetition of fundamental skills such as catching, throwing and jumping which can be used in other team sports. Works towards Y8 development of fundamental skills in competitive scenarios, and utilising these skills to gain an advantage over an opponent.

We will learn:

Types of passing  
How to dodge  
Shooting technique  
Defending, marking and shadowing  
Correct footwork patterns  
Knowledge of positions on court  
How to work as a team and contribute ideas to a group  
How to communicate effectively on court

We will develop/practise skills including:

Chest, bounce, overhead and shoulder pass  
Dodging techniques such as straight drive, dodge and double dodge  
How to shoot correctly using overhead technique – and landing close to the post  
Defending a player in different areas of the court, sticking with your player and shadowing their movement to make it more difficult for them to get free  
Marking the shooter in the circle during a shot  
Knowing which areas of the court you can be in when playing certain positions  
Communicate with team mates to know when players are free during a game, when to take side line/ back line passes

Some of the vocabulary that we will use includes:

Chest, overhead, bounce, dodge, mark, **defend**, shoot, intercept, change direction, centre pass, side line, back line, footwork, pivot

You could learn more about this topic by:

Watching netball games on YouTube.  
Researching rules of netball on the internet  
Attending netball extra-curricular club  
Joining a netball team



Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

**Competitive scenarios at the end of lessons to show application of learnt skills into a game**

**Tasks that involve teamwork and demonstration of a range of skills, so teacher can assess progress over time**