



Subject	Year	Term
Physical Education	7	2
Topic		
Developing Games		
Content (Intent)		
Prior Learning (Topic) Introduction To Basic Skills, Warming Up/Cooling Down		
<u>Developing Games</u>		
Practical –		
<ol style="list-style-type: none"> 1. Developing Physical and Mental Capacity 2. Developing Skills/Performance 		
Theoretically		
<ol style="list-style-type: none"> 1. Identify and describe the basic muscles and bones used in physical activity (Activity: all sports) 2. Identify and describe how the body responds to exercise –short/long term effects (Activity: XC). 		
Future Learning (Topic) Evaluating And Improving Performance		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p><u>Developing Physical and Mental Capacity</u> Physical warm ups aid as a useful fitness tool in developing a student’s physical capacity and how the body works. Use activity to develop observation skills on peer performances, skills and techniques</p> <p><u>Developing Skills/Performance</u> Students will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Students will develop the skills necessary to outwit opponents. Basic skills will be developed through small sided games and conditional situations. Focus on how body responds to exercise through different activities.</p> <p><u>Sports covered</u></p> <p><u>Boys</u> Rugby / Netball / Cross Country Football / Basketball Hockey / Gymnastics</p> <p><u>Girls</u> Hockey / Cross Country & Girls football Netball / Dance Football / Gymnastics</p>	<p>Assessment Continual assessment through appreciation, interpretation, analysis, judgement and evaluation of performance and understanding. These judgements will be used to inform ongoing teaching and learning.</p>	
How can parents help at home?		
Research rules and regulations of the sports covered with their children. Question children on how the body works and responds to exercise.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists Period Benefits Data Establish Respond	