

Subject	Year	Term
Physical Education	7	3
Topic		
Introduction to Athletics and Striking & Fielding activities		
Content (Intent)		
Prior Learning (Topic) Developing skills/performance		
<u>Practically</u>		
<ol style="list-style-type: none"> 1. Development of skills 2. Evaluate and improving of performance 3. Making applying decisions 		
<u>Theoretically</u>		
<ol style="list-style-type: none"> 1. Demonstrate an understanding of the fitness components (Activity: All sports). 2. Explain and understand the rules and regulations of each sport 3. Recognise and explain the importance of sports preparation before an activity. 		
Future Learning (Topic)		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p><u>Activities:</u></p> <ul style="list-style-type: none"> • Athletics (Track & Field) • Cricket / Rounders • Tennis • Sports Day preparation <p><u>Key Knowledge & Skills:</u></p> <ul style="list-style-type: none"> • Basic techniques in Running, jumping, throwing • Game strategies (striking/fielding) • Leadership & officiating • Personal fitness and goal setting <p><u>NC Links:</u></p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activities • Engage in competitive athletics • Compare performances and demonstrate improvement 	<p><u>Assessment Focus:</u></p> <p>Students will be assessed through :</p> <ul style="list-style-type: none"> • Measured athletic performance • Tactical awareness in games • Technique in isolated and competitive situations • Ability to evaluate and improve performance • End of block theory tests on rules/regulations of sports covered • Assessment linked to the end point statements for Y7. 	
How can parents help at home?		
Research rules and regulations of the sports covered with their children. Work on practical skills with children. Watch sports programme analysis.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	
	Pacing, follow-through, strike, rally power, endurance	