

YEAR 7 – PE

TERM 2 – taught through

Badminton
Rugby
Dance
Gymnastics
Handball

- FUNDAMENTAL SKILLS IN ISOLATION (E.G. STAGES OF RUNNING, THROWING, CATCHING, JUMPS, BASIC AGILITIES)
- FUNDAMENTAL TEAMWORK SKILLS
- LEADERSHIP OF A PARTNER
- COMMUNICATION IN SPORT
- FUNDAMENTAL CONCEPT OF ROUTINES
- FUNDAMENTAL AGILITIES
- ESSENTIAL RULES AND TACTICS
- WARM UP AND COOL DOWN
- MUSCLES OF THE BODY
- INTRODUCTION TO COMPONENTS OF FITNESS