

YEAR 7—CORE PE

TERM 1	Powerful Knowledge
Netball Basketball Football	<ul style="list-style-type: none"> • 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