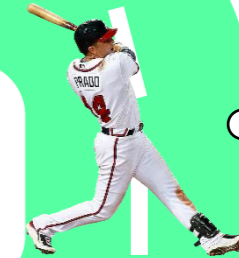




Christ the King Catholic Voluntary Academy

Year 7 – Creating a Love for Physical Education

Cricket
Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

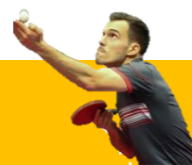


Rounders
You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Trampolining
Your lessons will look at developing basic, fundamental skills.



Table Tennis
You will learn the basic batting skills and rules of table tennis.



Summer Term



Athletics
Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.

Netball
You will be learning about passing, footwork, shooting, positions, attacking and defending.



Spring Term



Basketball
You will be developing the basic core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting.



Handball
You will learn about throwing technique, blocking, catching and both attacking/defensive tactics.

Health-related Fitness
You will develop an understanding of the different components of fitness and how to lead active, healthy lifestyles.

Autumn Term



Football
Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



Rugby
You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness.

Your Physical Education Journey starts here ...

