



## Holland Park School | *Year 7 Physical Education*



<b>Overview</b>	Students are given the opportunity to build on skills and techniques learnt in Key Stage 2 by being introduced to some new sports as well as continuing with some learnt at primary school.
<b>Assessment</b>	Students are assessed in each sport on Key Performance Indicators (KPIs) including Performance, Tactics, Analysis, Partnership, Leadership, Role Model, Physical Performance, Diet and the Body. The assessment is ongoing and different KPIs are focused on in different sports.
<b>Key words</b>	Warm up, cool down, space, marking, passing, shooting, dribbling, serving, fitness, strength, endurance.
<b>Key dates</b>	

Topics	Key content
<b>Football</b>	Passing, Dribbling, Shooting, Defending, Attacking, Man to man, Gameplay
<b>Basketball</b>	Ball handling, Passing, Dribbling, Set shot, Lay ups, Gameplay
<b>Netball</b>	Passing, Footwork, Positioning, Shooting, Creating space, Defending, Gameplay
<b>Handball</b>	Passing, Dribbling, Shooting, Jump shot, Zone defence, Use of a runner, Gameplay
<b>Fitness</b>	Continuous Training, Fartlek Training, Muscular Endurance, Muscular Strength, Flexibility, Interval Training
<b>Table Tennis</b>	Backhand, Forehand, Serving, Doubles play, Gameplay
<b>Athletics</b>	Discus, Javelin, Shot Put, Sprinting, Relay, Pace running
<b>Rounders</b>	Fielding, Bowling, Batting, Running bases, Gameplay
<b>Badminton</b>	Ready position, Overhead clear, Drop shot, Serving, Singles gameplay, Doubles gameplay