



ASFA PE Learning Journey Map



Year 7

SKILLS DEVELOPED

Year 7 Survival Top Tips	
Tip 1	Remember your Kit on the correct day
Tip 2	Don't panic everyone in your class is of similar ability
Tip 3	Teamwork is essential
Tip 4	Stay active
Tip 5	Join after school sports clubs to boost your know ledge and ability



Move on to Year 8



Summer Holidays



Next Level



Athletics/Rounders or Softball

- Hand eye co-ordination
- Basic rules in individual sports
- How to hold and throw athletics equipment
- How to jump effectively in athletics
- Sports day
- Nutrition Linked to Everlearner



YEAR 7



Athletics/Rounders or Softball

- How to hit a ball with a rounder's bat
- How to defend a base in rounder's
- How to field effectively in rounder's
- What disciplines exist in athletics
- Running start in athletics
- How to run effectively
- Nutrition Linked to Everlearner



Girls Football/Rugby

- Rules
- Tackling
- Outwitting Opponent
- Motor Skills
- Interform
- Warm up & Cool Down Linked to Everlearner



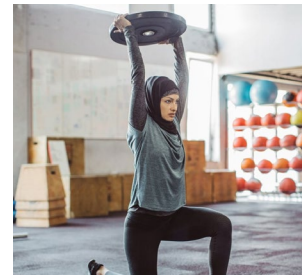
YEAR 7

YEAR 7



Dance/Fitness

- Dance transitions
- Dance routines
- Fitness Testing
- Types of training
- Health and Fitness Linked to Everlearner



Basketball/Gymnastics

- Develop team skills
- Throwing further and with more accuracy
- Catching without dropping the ball
- Catching with different size balls
- Importance of staying active
- Inter house sports
- Sporting Conduct Linked to Everlearner



Football/Netball

- Intro to Physical Education
- What kit you need for what sport
- Getting to know people
- What do team games consist of
- Participation and Lifestyle Linked to Everlearner



YEAR 7

CURRICULUM OVERVIEW

VISION Physical Education

- 1) Developing confidence
- 2) Improve physical abilities
- 3) Developing skills
- 4) Imbedding knowledge
- 5) Broadening sporting experiences
- 6) Participation
- 7) Engagement
- 8) Competition



Welcome

CURRICULUM OVERVIEW