

PHYSICAL EDUCATION

**Y7 Focus - Skill Acquisition
and basic theory development.**

**Softball, cricket, rounders,
basketball, handball**

**How do I
score points?**

**Athletics - Track
and Field events**

**How do I perform to
my personal best?**

Dance, Gymnastics and OAA

**What do my
joints do?
Location and
movement.**

**Netball, dodgeball
and fitness**

What is fitness?

Table Tennis and Badminton

**How do my muscles
work? Location**

Rugby and football

**How do our bones
help us perform?
Bone location
and function.**

**Baselines - Warm Ups
and Cool Downs**

YEAR 7