

PE – Y7 Term 5

What are we learning this half-term?

This half-term students will be covering Athletics and Striking & Fielding. Within those lessons we will be looking at the following skills:

Athletics	Striking & Fielding
<ul style="list-style-type: none"> • Health and Safety of events • Basic rules of Field events • Basic rules of Track events • Technique for Field and Track events • Leadership/officiating • Teamwork skills 	<ul style="list-style-type: none"> • Basic Rules • Ball familiarisation, throwing and catching • Striking skills • Fielding Skills • Bowling Skill • Strategies and Tactics
Kit Required	Kit Required
<ul style="list-style-type: none"> • Standard Whitelands PE kit 	<ul style="list-style-type: none"> • Standard Whitelands PE kit

Lessons will look to deliver the skills in isolated practice, developing them onto being used in game/performance situations. As we aim to develop our students holistically, we will also be focusing on students' creativity, character and teamwork skills. Both sports will also provide students the opportunity to develop their leadership and communication skills as they help each other to develop competence and confidence in a range of skills. Students will also have the opportunity within lessons to participate as a performer, official and act as a coach in these sports.



The theory content that will be completed in the form of DNAs and application in lessons will be Methods of Training, where students will learn the different types of training and apply them to explain how athletes can improve performance in a range of sport specific examples.

Resources you can use at home

If you would like to practise the skills you have been looking at in lessons, please sign up to the following clubs on Arbor:

WLA Striking and Fielding Club

WLA Athletics Club

You can find additional information for methods of training by following the link below:

BBC Bitesize – <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>

Optional home learning tasks

Practise skills learned in lessons

BBC Bitesize – <https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2>

Below are some examples of exam style questions from the theoretical content covered so far:

- Explain why Football Goal Keepers require high levels of Reaction Time (2)
- Define Balance (1)
- State a specific sporting example that requires balance (1)
- Identify the main muscles (antagonist pair) used within a bicep curl (2)
- Describe and give specific examples of the 3 stages of a warm up (6)
- Describe and give specific examples of the 2 stages of a cool down (4)
- Identify the features of Circuit Training (4)
- Using your own choice of training method, explain how you would improve a marathon runners performance (6)