

PE at a Glance	
Head of Department	Mr C Underwood
Lessons per fortnight	2
Homework per fortnight	60 mins

Year 7 PE

1. Course & Subject Information

Students will be looking to build on the basic skills that have been taught in primary schools over the last few years, with the introduction of new more complex skills as the year progresses. Students will be assessed at the beginning of the year through the school's base lining system, to allow students to be placed in groups, where their lessons will be tailor made for their learning. Activities will be chosen based on the group to allow students to really excel in the subject. Due to the fantastic sports facilities at Litherland High, all students will be offered a wide range of activities, having the opportunity to take part in sports that they may have never played before. All students' progress and attainment will be monitored closely with assessments at the end of every half term. The main aims of Physical Education in Year 7 are:

Physical – To develop physical competence in a range of activities and environments.

Affective – To develop motivation and confidence in a range of activities and environments.

Cognitive – To develop knowledge and understanding in a range of activities and environments.

2. Course/Subject Structure

Throughout the year students will participate a number of different activities.

Adventure Activities	Orienteering, team building
Aesthetic and Expressive Activities	Dance, gymnastics
Athletic Activities	Athletics – running, throwing and jumping
Competitive Activities	Football, netball, rugby, hockey, basketball, rounders, cricket, badminton
Adaptive Activities	Fitness, circuit training

3. Recommended texts or websites to support home learning

In the PE department we have lots of extra curricular activities on offer.

4. Specialist Equipment/Materials Required if applicable

Students should come to every lesson with full PE kit appropriate for either indoor and outdoor activities.