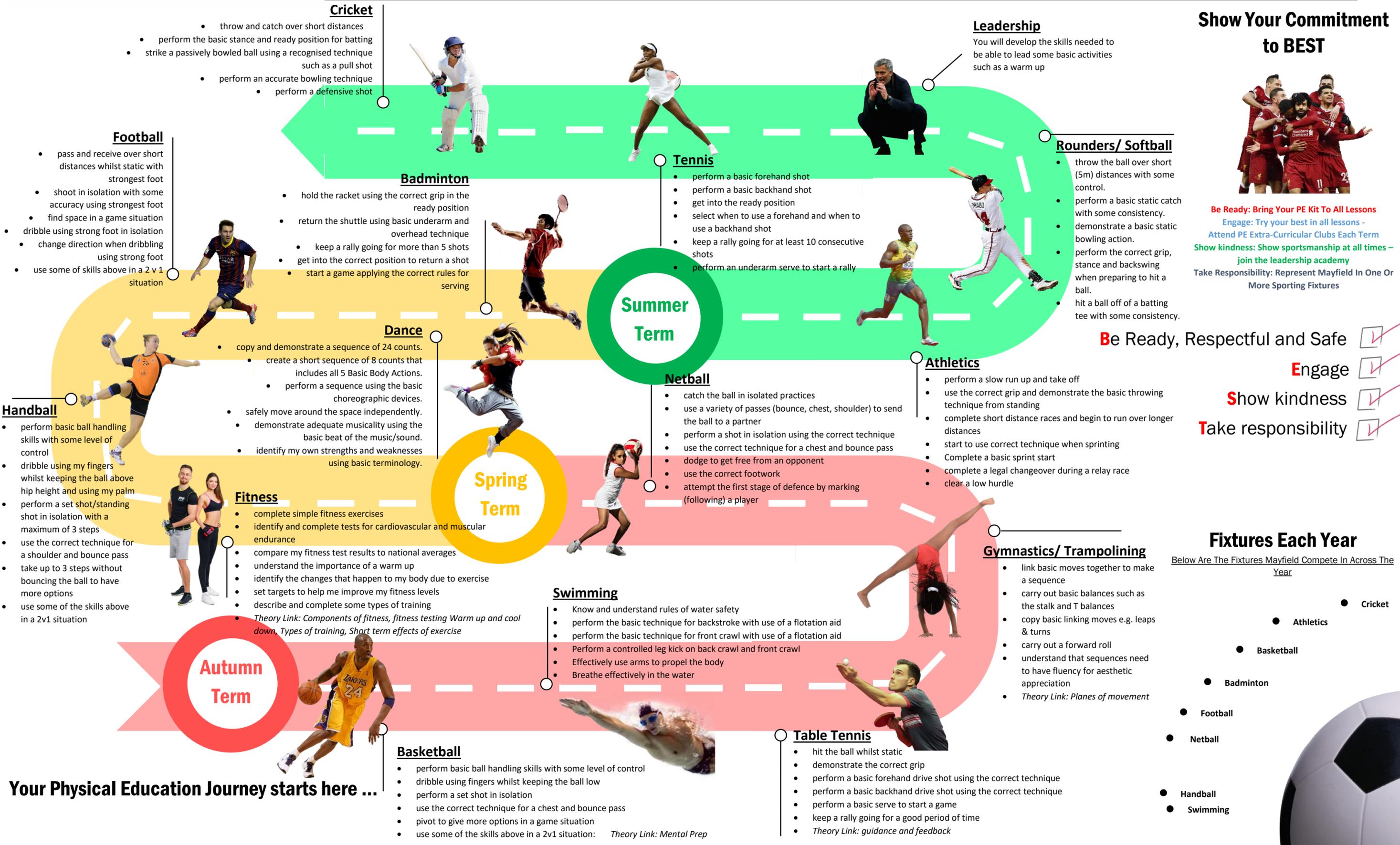


# The Mayfield School Physical Education Journey

**Year 7 – Creating a love for Physical Education – Performing the fundamental skills – Rules and regulations – Identifying strengths and weaknesses – Leading simple tasks**



## Cricket

- throw and catch over short distances
- perform the basic stance and ready position for batting
- strike a passively bowled ball using a recognised technique such as a pull shot
- perform an accurate bowling technique
  - perform a defensive shot



## Leadership

You will develop the skills needed to be able to lead some basic activities such as a warm up



## Show Your Commitment to BEST



- Be Ready: Bring Your PE Kit To All Lessons**
- Engage: Try your best in all lessons - Attend PE Extra-Curricular Clubs Each Term**
- Show kindness: Show sportsmanship at all times – join the leadership academy**
- Take Responsibility: Represent Mayfield In One Or More Sporting Fixtures**

## Rounders/ Softball

- throw the ball over short (5m) distances with some control.
- perform a basic static catch with some consistency.
- demonstrate a basic static bowling action.
- perform the correct grip, stance and backswing when preparing to hit a ball.
- hit a ball off of a batting tee with some consistency.



## Football

- pass and receive over short distances whilst static with strongest foot
- shoot in isolation with some accuracy using strongest foot
- find space in a game situation
- dribble using strong foot in isolation
- change direction when dribbling using strong foot
- use some of skills above in a 2 v 1 situation



## Badminton

- hold the racket using the correct grip in the ready position
- return the shuttle using basic underarm and overhead technique
- keep a rally going for more than 5 shots
- get into the correct position to return a shot
- start a game applying the correct rules for serving



## Tennis

- perform a basic forehand shot
- perform a basic backhand shot
- get into the ready position
- select when to use a forehand and when to use a backhand shot
- keep a rally going for at least 10 consecutive shots
- perform an underarm serve to start a rally



## Summer Term

## Netball

- catch the ball in isolated practices
- use a variety of passes (bounce, chest, shoulder) to send the ball to a partner
- perform a shot in isolation using the correct technique
- use the correct technique for a chest and bounce pass
- dodge to get free from an opponent
- use the correct footwork
- attempt the first stage of defence by marking (following) a player



## Athletics

- perform a slow run up and take off
- use the correct grip and demonstrate the basic throwing technique from standing
- complete short distance races and begin to run over longer distances
- start to use correct technique when sprinting
- Complete a basic sprint start
- complete a legal changeover during a relay race
- clear a low hurdle



## Gymnastics/ Trampoline

- link basic moves together to make a sequence
- carry out basic balances such as the stalk and T balances
- copy basic linking moves e.g. leaps & turns
- carry out a forward roll
- understand that sequences need to have fluency for aesthetic appreciation
- *Theory Link: Planes of movement*

**Be Ready, Respectful and Safe**

**Engage**

**Show kindness**

**Take responsibility**

## Dance

- copy and demonstrate a sequence of 24 counts.
- create a short sequence of 8 counts that includes all 5 Basic Body Actions.
- perform a sequence using the basic choreographic devices.
- safely move around the space independently.
- demonstrate adequate musicality using the basic beat of the music/sound.
- identify my own strengths and weaknesses using basic terminology.



## Spring Term

## Fitness

- complete simple fitness exercises
- identify and complete tests for cardiovascular and muscular endurance
- compare my fitness test results to national averages
- understand the importance of a warm up
- identify the changes that happen to my body due to exercise
- set targets to help me improve my fitness levels
- describe and complete some types of training
- *Theory Link: Components of fitness, fitness testing Warm up and cool down, Types of training, Short term effects of exercise*



## Swimming

- Know and understand rules of water safety
- perform the basic technique for backstroke with use of a flotation aid
- perform the basic technique for front crawl with use of a flotation aid
- Perform a controlled leg kick on back crawl and front crawl
- Effectively use arms to propel the body
- Breathe effectively in the water



## Table Tennis

- hit the ball whilst static
- demonstrate the correct grip
- perform a basic forehand drive shot using the correct technique
- perform a basic backhand drive shot using the correct technique
- perform a basic serve to start a game
- keep a rally going for a good period of time
- *Theory Link: guidance and feedback*



## Basketball

- perform basic ball handling skills with some level of control
- dribble using fingers whilst keeping the ball low
- perform a set shot in isolation
- use the correct technique for a chest and bounce pass
- pivot to give more options in a game situation
- use some of the skills above in a 2v1 situation: *Theory Link: Mental Prep*



## Autumn Term

## Fixtures Each Year

Below Are The Fixtures Mayfield Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Handball
- Swimming



**Your Physical Education Journey starts here ...**