

The Altwood School Physical Education Journey Year 7 – Creating A Love For Physical Education



Show Your Commitment How many can you complete?

- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent Altwood In One Or More Sporting Fixture



Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.



Leadership

Rounders

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Leadership

You will take on different leadership roles such as an official, organiser and roles such as an official, organiser and class leader.

Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game.



Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.



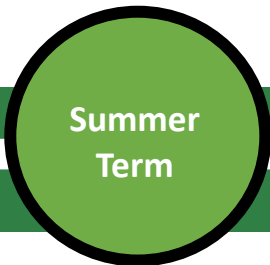
Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.



Short Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game.



3 Tips for Effective Problem Solving

1. Not every problem solving is immediately successful.
2. Problem solving is a learned skill.
3. Not every problem-solving is successful in the way a team would like it to be.

HRF

You will learn about the bodies response to exercise, such as heart rate through different training methods.



Gymnastics

You will be developing the basic of routines, which focus on balances, rotations, travel and jumps.



OAA

You will be developing your team work skills as you solve problems in teams. You will solve problems you didn't know you could.



Spring Term

Badminton

Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.



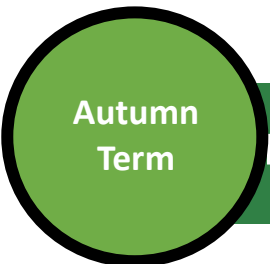
Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



Dance

You will explore different types of relationships, dynamics and character, and transitions.



Fixtures Each Year

Below Are The Fixtures Altwood
Compete In Across The Year

Cricket

Athletics

Basketball

Badminton

Football

Netball

Tennis

Multi Sports Program

You will take part in a variety of activities including sport hall athletics, badminton, basketball.

Hockey

You will develop an understanding of the game, whilst developing core skills such as passing, shooting and dribbling.



Netball

You will be learning about passing, footwork, shooting, positions, attacking and defending.



Your Physical Education Journey starts here ...