

Year 7 end points:

Students will:

- develop and acquire knowledge and performance of basic skills, techniques and tactics in the following isolated situations: net, striking and fielding, invasion games and athletics.
- develop and acquire basic tactics to outwit an opponent within a variety of sporting activities.
- identify strengths and weaknesses in self and peer performances.
- Develop and acquire knowledge of basic rules in a range of sports and understand the different roles of officiating.
- describe the importance of warm-ups.
- recognise the major muscles in the body and link to practical actions.
- take part in a range of activities which develops communication, cooperation and problem-solving skills to enable effective teamwork.
- understand the benefits of leading a fit and healthy active lifestyle.
- further enhance skill development through attending extracurricular sessions.