

Year 7 Physical Education Curriculum Overview

Michaelmas Term 1	Two term carousel of activities: Rugby – running with the ball/passing, semi contact
Michaelmas Term 2	
Epiphany Term 1	Health Related Fitness – Heart rate, machine data, components of fitness Basketball - Ball handling, dribbling, passing
Epiphany Term 2	
Easter Term 1	One term carousel of activities Athletics – working towards our personal best Cricket – standing bowling, throwing and catching, batting – drive Tennis – serve underarm, forehand ground strokes
Easter Term 2	

