



Year 7 Sport & Physical Activity

Autumn 1&2 Rugby

Students will be introduced to the basic skills and techniques required for Rugby, including rules and tactics



Alongside the main sports of Rugby and Football there will be options in Table Tennis, Badminton, Handball and basketball In the Autumn and Spring Terms



Spring 1&2

Football / Interform competitions

Students will work as part of a team whilst being introduced to the basic skills and rules of Football.

Summer 1 Athletics

Students will be introduced to the basic skills and techniques of both Track and Field Athletic events



Summer 2

Rounders

Pupils will be introduced to the rules and techniques required to participate in Rounders including equipment familiarisation



Throughout the year within Games lessons there will also be inter-form competitions running in a variety of sports including Cross Country badminton and basketball as well as these sports