



## **Physical Education: Year 7 Overview**

In Year 7, PE is taught in single sex groups. Three form classes have PE at the same time and these 3 classes are split into boys and girls. The girls are then divided into 2 female teaching groups and the boys into 2 male PE teaching groups which allows us to have an excellent staff/pupil ratio.

Students have 2 PE lessons every week as well as one Dance lesson.

Activities are taught in short blocks of approximately 4, 5 or 6 weeks, so normally, a student will experience that particular sport for about 10 lessons.

### **Activities covered in Year 7**

Basketball, football, fitness, gymnastics, intro to rugby, badminton/table tennis, netball, athletics, cricket /rounders.

Each group will experience each activity at different times of the year as facilities do not allow everyone to do the same activity at the same time.