



Department:	Physical Education	
<b>Year 7 Course summary:</b>		
<p>In Year 7, boys undertake a broad and balanced sports curriculum. All students learn Rugby, Cricket and Athletics as performance sports during their dedicated games afternoon. These sports have a fixture list and boys represent the school during the week and at weekends. They also have the opportunity to experience hockey in the second half of the lent term.</p> <p>During physical education lessons students undertake a range of activities typically one per half term, including Volleyball, Health Related Fitness, Badminton, Gymnastics, Quick Cricket and Handball.</p> <p>These sports connect movement patterns with motor programmes and increase the rate of understanding, therefore speeding up information processing. The activities selected are designed for dual purpose. Firstly to allow every student the chance to participate in a range of activities and secondly to assist in each individual's long term athletic development, in turn benefitting the School's performance sports.</p>		
<b>IST Assessments:</b>		
Michaelmas	Lent	Summer
Fitness scores and visual grading system, discussed within the P.E. department	Assessed on term's activities, Year 7 receive a challenge grade.	Full written report IST assessment
<b>Key Learning points:</b>		
<p>Understanding of game specific tactics and strategies.</p> <p>Clear understanding of leading a healthy and active lifestyle.</p> <p>Understanding the concept of long term athletic development.</p>	<p>Grasping the system of Participation, Progression, Performance.</p> <p>Understanding that assessment is generated via tactical, technical, physical and mental success factors.</p>	