



Year 7 Physical Education

Curriculum Leader: Mrs Claire Pharaoh

The PE Department have high expectations and aspirations for all of their students. Our aim is that every student at The Gilberd School will commit to fulfilling their potential through a broad spectrum of skills alongside knowledge and understanding of the importance of a healthy, active and balanced lifestyle. Our students will foster resilience and creativity experiencing different areas of activity through which we aim to empower students to show integrity, make wise choices, meet challenges, exhibit positive behaviours and demonstrate compassion by showing respect for others and developing interpersonal skills. We believe that positive participation in physical education will leave students with the ambition to succeed in all aspects of their school life and beyond, and ultimately facilitate lifelong participation in physical activity and sport.

We offer a wide range of sports and activities through our extra-curricular programme which is available to all students, throughout the year, on a competitive and social basis. These are free of charge and can be attended at any point in the term. Those wishing to compete have the opportunity to represent the school at local, regional and national events in various different activities.

Topics to be covered in Year 7

	Term 1	Term 2	Term 3
Topics to be covered	They will take part in a range of activities across the following activity domains: Invasion Games, Net Games, Field & Striking, Athletics and Leadership Activities alongside knowledge and understanding of the importance of a healthy, active lifestyle.		
Skills to be developed	They will learn a range of PE Skills across the activity domains alongside knowledge and understanding of the importance of a healthy, active lifestyle through a broad and balanced PE experience, to promote enthusiasm and commitment. We want the students to leave the Gilberd with the confidence to participate in a variety of physical activities and lead active, healthy lifestyles.		
Opportunities for revisiting previous learning	Developing on CORE basic skills learnt at Primary school. Extra Curricular Activity	The transfer of skills from activity to activity is an important aspect in PE—students are encouraged to use skills and knowledge previously learnt to help them learn new skills or develop previous learning.	
When will formal assessment of progress take place?	At the end of the unit of work (4-5 wks approx.) based on practical performance, attitude to learning, behaviour and knowledge and understanding.		

Website Links

<https://www.katsnetballclub.co.uk/>

www.stanwaygirls.com/

www.colchestergymnastics.com

www.shaiklynetball.com/

www.stanwayvillaafc.co.uk/

www.carlpentney.co.uk/

www.fletchersfarm.co.uk

www.colchesterrugby.co.uk/

www.colchestervillaafc.co.uk/

www.stanwayroversfc.co.uk/

www.colchestertownladiesfc.teamapp.com

www.sudbury.rfc.club

www.my.colchesterswimming.com/waterpolo

www.my.colchesterswimming.com/

www.wtfc.org.uk/

www.layercoltsyfc.co.uk

www.cat-ac.co.uk

www.colchesterharriers.co.uk

www.powercheer.co.uk/

www.stanwaypegasus.co.uk

www.allstarcommunityacademy.co.uk

www.communitybadminton.org

Marking, Assessment and Feedback

Over the course of an academic year students will complete a number of practical assessments, these will be used to assess where students are in their learning journey.

Information from these assessments could be used when making decisions regarding setting of students, reporting progress home and predicting outcome. Through this, students will know where they are in their learning journey and what they need to do next to make further progress.

Contact Information:

If you would like to contact the PE Department please email: pe@gilberd.com.

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