

P.E.

Mission Statement

We at Ratton School intend to get pupils interested in a fit and healthy lifestyle by giving them a broad range of physical concepts and processes. We aim to develop skills which can be used after leaving school, fostering a lifelong interest in physical activity.

Year 7

Module Title	Module Overview
Games	<ul style="list-style-type: none">• Developing basic skills to outwit opponents• Applying simple tactics and strategies• Developing basic attacking and defending skills
Fitness	<ul style="list-style-type: none">• Developing a range of components of fitness• Considering how we can measure fitness and improve it
Football	<ul style="list-style-type: none">• Developing passing, receiving and control skills• Applying appropriate attacking and defending tactics• Considering what muscles and bones are used in certain actions
Rugby	<ul style="list-style-type: none">• Developing passing, receiving and running with the ball• Performing tackles with correct technique• Considering how muscles work together to perform movement
Netball	<ul style="list-style-type: none">• Developing passing, receiving and footwork skills• Applying basic attacking and defending tactics• Considering what types of joints there are in the body
Badminton	<ul style="list-style-type: none">• Developing basic range of shots within the game• Demonstrating movement around the court• Considering what movements can happen at joints
Gymnastics	<ul style="list-style-type: none">• Refining and developing basic travel, jump, turn, inversion and balance movements• Creating sequences of replication• Considering components of fitness needed in gymnastics
Trampolining	<ul style="list-style-type: none">• Developing control bounces and basic rotational movements• Creating sequences and linking them with control• Considering the planes of movement
Table Tennis	<ul style="list-style-type: none">• Developing hand-eye co-ordination• Developing basic shots used more frequently in a game situation• Considering how co-ordination affects the game
Handball	<ul style="list-style-type: none">• Developing passing, receiving and control skills• Applying appropriate attacking and defending tactics• Considering how the heart works in the provision of O₂
Cricket	<ul style="list-style-type: none">• Developing fielding skills and tactics• Developing batting skills• Considering how muscles work together to perform movement in bowling
	<ul style="list-style-type: none">• Developing fielding skills and tactics

Rounders	<ul style="list-style-type: none"> • Developing batting skills • Considering what muscles and bones are used in certain actions
Athletics	<ul style="list-style-type: none"> • Developing speed, distance and height • Applying skills to competitive situations • Considering components of fitness needed in athletics
Tennis	<ul style="list-style-type: none"> • Developing hand-eye co-ordination • Developing basic shots used more frequently in a game situation • Considering how the heart works in the provision of O₂
Stoolball	<ul style="list-style-type: none"> • Developing fielding skills and tactics • Developing batting skills • Considering what movements can happen at joints