



Belfairs Academy

PE Fundamentals – Year 7

Knowledge	Skills
Learners must be able to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]	Learners will build on core skills learnt in KS1 & 2 and use these within game situations to outwit opponents
Learners must develop their technique and improve their performance in other competitive sports [for example, athletics and aesthetics]	Learners will use the core skills coordination and game rule comprehension and put this into new situations with some certainty
Learners must be able to take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Learners will work within small group situations to overcome a variety of challenges both physically and intellectually.
Learners must be able to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	Learners will reflect upon prior experience and be able to utilise this to effect improvements in their own and others' performances.
Learners must take part in competitive sports and activities.	Learners will undertake competitive performances within lessons and have opportunity to extend this further within inter college and inter school representation and outside clubs.
Learners must understand the importance of leading a healthy active lifestyle and key concepts that underpin practical development.	Learners will be able to discuss why they need to exercise and how the components of fitness are used within a range of activities.
Learners should learn the basic anatomical makeup of the human body and how muscles and bones are used in a variety of sporting actions.	Learners will be able to label the muscles and bones of the human body and link to sporting activities.