



South Wilts Grammar School Physical Education

Year 7 – Fit 4 Life



Cricket

Your lessons will look at applying tactics and rules in cricket whilst embedding skills such as batting, bowling, fielding, catching, long barrier and under/overarm throwing.



Tennis

Your lessons will look at embedding skills and rules around the forehand and backhand groundstroke, footwork, volley and the serve.



Athletics

Your lessons will look at developing technique and various components of fitness to perform across all events and will include having a more in depth understanding of measuring and officiating.



Football

You will embed skills, tactics and rules around passing and receiving, dribbling, tackling, shooting, attacking and defending.



Gymnastics

Your lessons will look to develop forms of movement such as stepping, rolls and jumps and you will explore individual balances and create sequences with the introduction of apparatus.

Fitness

Your lessons will enable you to identify all components of fitness and apply these to gain a more in depth understanding of how to measure, maintain and improve your physical fitness.



Fundamentals

You will be introduced to the fundamental skills that you use in sports such as jumping, hitting and running, throwing, catching and kicking and a creative dance element.



Netball

You will be embedding skills, tactics and rules around passing and receiving, mobility and movement, shooting, attacking and defending skills and positioning.

Enjoy ☒
Knowledge and Understanding ☒
Confident ☒
Opportunities ☒

Your Physical Education Journey starts here ...