



Year 7 Physical Education Journey



Term	Focus
HT1	Movement oriented games based activities including an introduction to Health Related Exercise
HT2	Fitness / Basketball (G) Rugby / Gymnastics (B)
HT3	Health related exercise (All) including; Conditioning and cardio work in the fitness suite, circuit training, continuous training, skills based fitness and a variety of fitness tests and challenges.
HT4	Invasion - Tag rugby / Football (G) Gymnastics / Dance (G) Invasion - Basketball (B) Invasion Football (B)
HT5	Invasion - Tag rugby / Football (G) Gymnastics / Dance (G) Invasion - Basketball (B) Invasion Football (B)
HT6	MOGBA, Striking and fielding (Bowling, catching and fielding taught through Cricket, Rounders, and Long ball activities., Athletics - including running, jumping and throwing