

## Core PE Years 7 and 8

Students study the four units of core PE (1. Invasion Games 2. Net Games 3. Striking and Fielding 4. Health Fitness and Aesthetics) in the context of various sports and activities. Students should be able to use the subject specific vocabulary in bold in the context of the sports and activities studied.

### Unit 1: Invasion Games

#### Rugby, Netball, Handball, Football and Basketball

Students think about how to outwit an opposition and use techniques that suit a range of activities. They will acquire skills to outwit opponents in a range of invasion games, and apply core skills which are outlined in the keywords for this unit:

#### Keywords – to be used in the context of Rugby, Netball, Handball, Football and Basketball

**Attacking** – skills used to score, e.g. shooting  
**Defending** – skills used to prevent scoring, e.g. tackling  
**Sending** – skills used to contribute to an attack, e.g. passing  
**Receiving** – skills used to maintain/continue the attack towards scoring, e.g. control  
**Movement on the ball** – skills that a player uses in control of the ball, e.g. dribbling  
**Movement off the ball** – skills that a player uses to support the player with the ball (or to mark an opponent), e.g. moving into space

### Unit 2: Net Games

#### Volleyball, Tennis, Badminton and Table-tennis

Students will acquire skills to move opponents around their territory so that they gain an advantage.  
To be effective in net games, individuals and teams will need to acquire, develop, select and apply, a range of core skills which are outlined in the keywords for this unit:

#### Keywords – to be used in the context of Volleyball, Tennis, Badminton and Table-tennis

**Attacking** – skills used to score points  
**Defending** – skills used to prevent an opponent from scoring  
**Sending** – skills used to initiate an attack towards scoring points  
**Receiving** – skills used to maintain and continue an attack towards scoring  
**Movement in the playing area** – skills that a player uses in control a point or supporting a player on their team

### Unit 3: Striking and Fielding

#### Stoolball, Rounders and Cricket

Students will acquire skills to hit the ball into territory defended by an opposition so there is enough time to run between bases, while trying not to be eliminated from the game.

To be effective in striking and fielding games, students and teams will need to acquire, develop, select and apply a range of core skills which are outlined in the keywords for this unit:

#### Keywords – to be used in the context of Stoolball, Rounders and Cricket

**Attacking** – skills to score points

**Defending** – skills to prevent opposition from scoring

**Sending** – skills used to support attack / defence

**Receiving** – skills used to support attack / defence

**Movement in the playing area** – skills used to score, defend and prevent scoring.

### Unit 4: Health Fitness and Aesthetics

#### Trampolining, Gymnastics, Fitness and Athletics

Students will acquire skills to improve their health, fitness and performance in athletic and aesthetic activities.

To be effective in this area, students will need to acquire, develop, select and apply a range of core skills which are outlined in the keywords for this unit:

#### Keywords – to be used in the context of Trampolining, Gymnastics, Fitness and Athletics

- Developing, consolidating, and applying, different actions of **travelling, balancing and stillness, jumping, landing and rotation.**
- Recognise the principles of core skills to use them to plan **sequences** and a range of **movement patterns**
- Frequent and regular physical activity, which is beneficial to **health, fitness** and **well-being**
- Demonstrate performance in relation to **fastest, longest, highest and nearest**
- Perform **actions, agilities** and **sequences** as **accurately** and **precisely** as possible