

Year 7 Autumn Term 2

What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
<p><b>1.</b> Understanding the 10 components of fitness</p> <p><b>2.</b> Know and understand rules and regulation of several invasion games</p> <p><b>3.</b> Understand health and safety when performing physical activity</p>	<p><b>1.</b> Components of fitness</p> <ul style="list-style-type: none"> <li>• Understand which fitness tests link to what components of fitness eg: Illinois agility test – Tests Agility</li> <li>• Apply what athletes require what components of fitness</li> </ul> <p><b>2.</b> Rules and regulations of netball/Rugby/Football (Invasion sports)</p> <ul style="list-style-type: none"> <li>• Understand the dimensions of a rugby/football/netball pitch-court</li> <li>• Understand some key rules in the game and understand the consequence of it happening in match situation.</li> <li>• Explain why its important to apply the rules in a competitive situation?</li> </ul> <p><b>3.</b> Health and safety when participating in physical activity</p> <ul style="list-style-type: none"> <li>• What are the 3 phases of a warm up?</li> <li>• Why do we do a cool down after physical activity?</li> </ul>	<p><b>Example 1:</b> What are the reason why we take fitness tests at the start and the end of the season?</p> <p>NETBALL: Explain what component of fitness is vital for a Goal Keeper or a scrum half?</p> <p><b>Example 2:</b> NETBALL What signal does the umpire give when it is over a 1/3? Why would you get a sin bin in rugby?</p> <p><b>Example 3:</b> Warming up is just as important as cooling down ( True / false/ explain)</p>	<p><a href="https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/1">https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/1</a></p>

