



Year 7 Games Activities

6 Lessons

**Aims:** In this unit students focus on how to use basic principles of attack and defence to plan strategies and tactics to outwit an opponent. Students will work on improving the quality of their skills with the intention of outwitting opposition. In all games activities, students think about how to use skills, strategies and tactics to outwit the opposition.

| Key Skills  | Literacy Links:   | Numeracy Links:   |
|---|---|---|
| <ul style="list-style-type: none"> <li>Outwitting an opponent: Throughout this scheme pupils will develop the fundamental skills necessary to outwit opponents. Pupils will learn to choose, combine and perform skills with fluency, consistency, accuracy and quality. A continual development and refinement of the necessary skills will contribute to producing a successful performance and outwit opposition more frequently</li> <li>Developing Physical and Mental Capacity: Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use activity to develop observation skills on peer performances, skills and techniques. To extend knowledge of rules and umpire signals.</li> <li>Developing Skills/Performance: Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, shooting, dribbling, intercepting and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</li> <li>Making and Applying Decisions: Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</li> <li>Making Informed Choices About Healthy, Active Lifestyle. Highlight the benefits of taking part in netball to your long term health. Suggest any netball clubs within the school timetable and promote community links. Discuss the benefits of being healthy and active. To understand the type of fitness players need to perform at a high level.</li> <li>Evaluating and Improving: Pupils will evaluate their own and others strength and weaknesses in netball and suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos &amp; targeted differentiated questioning).</li> </ul> | <p>Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:</p> <ul style="list-style-type: none"> <li>tactics, <i>e.g. principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, watching the ball</i>, •preparation, <i>e.g. warming up, cooling down</i></li> </ul> <p>Speaking and listening – through the activities pupils could:</p> <ul style="list-style-type: none"> <li>collaborate with others to share information and ideas, and solve problems</li> </ul> | <p>Implementation of Scoring systems</p> <p>Assessment, <i>e.g. collecting and analyzing data</i></p> |
| <p><b>Assessment</b></p>  | <p><b>Cross-Curricular Links</b></p>  |   |
| <ul style="list-style-type: none"> <li>Q &amp; A, Formative and summative assessment.</li> </ul>  | <ul style="list-style-type: none"> <li>Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</li> </ul>   |   |
| <p><b>Opportunities for further learning</b></p>  | <p><b>SMSC opportunities and British values</b></p>   |   |
| <p>Homework is not set for P.E in Year 7. However, students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:</p> <ul style="list-style-type: none"> <li>practice skills at home and take part in school sport, either competitively or socially</li> <li>join clubs in the community and/or use local facilities</li> <li>watch live and recorded matches, to appreciate high-quality performance</li> <li>make up games that focus on improving technique and fitness</li> <li>read rule books and sports reports in newspapers and magazines</li> </ul>   | <ul style="list-style-type: none"> <li>Encourages students to accept responsibility for their behaviour &amp; show initiative.</li> </ul>   |   |