

Core P.E. Year 7**Learning Intentions Summer Term 1****2024-2025**

	7CR 1 & 5 Fitness/Track	7CR 2 & 6 Fitness/Track	7CR 3 & 4 Fitness/Track
Week 28 w/c 21 st April	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>
	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>
Week 29 w/c 28 th April	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>
	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.</p> <p>Circle drills.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.</p> <p>Circle drills.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.</p> <p>Circle drills.</p>
Week 30 w/c 5 th May	<p>Basketball Drills & cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Basketball Drills & cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Basketball Drills & cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>
	<p>Rugby Fitness drills</p>	<p>Rugby Fitness drills</p>	<p>Rugby Fitness drills</p>

	Ball handling Relays Circle drills Passing and moving down the line	Ball handling Relays Circle drills Passing and moving down the line	Ball handling Relays Circle drills Passing and moving down the line
	OAA	OAA	OAA
Week 31 w/c 12 th May	Outdoor Invasion strategy game. Capture the Flag: Work in small groups, analytic skills need to adjust team strategy to win.	Indoor Bench games Find out each other's names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	Indoor <ul style="list-style-type: none"> Travel puzzles: emphasis upon using planning time wisely. Fox, grain, chicken Stepping stones Working within certain time students have to work together quickly & communicate this with all team members
	Indoor <ul style="list-style-type: none"> Travel puzzles: emphasis upon using planning time wisely. Fox, grain, chicken Stepping stones Working within certain time students have to work together quickly & communicate this with all team members	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, think about specific roles within the group, analytic skills need to adjust team strategy to win.	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport
Week 32 w/c 19 th May	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	Indoor <ul style="list-style-type: none"> Travel puzzles: emphasis upon using planning time wisely. Fox, grain, chicken Stepping stones Working within certain time students have to work together quickly & communicate this with all team members	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/reverse/twice round Whole team travels through the hoop, think of ways to increase the speed Performing under pressure in a timed environment with larger groups. Sharing ideas with others, importance of stopping and thinking about whether progress is being made. Appreciate small gains

	<p>Indoor Bench games Find out each other's names and stand in order on the bench Height order Age House number 2nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.</p>	<p>Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport</p>	<p>Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, think about specific roles within the group, analytic skills need to adjust team strategy to win.</p>
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