



Year 7

PE

General Aim of the subject

Physical Education in Year 7 enables students to develop the skills, knowledge, and competencies to live healthy and physically active lives at school and for the rest of their life. They learn 'in, through, and about' movement, gaining an understanding that movement is integral to human expression and can contribute to enhancing their own lives.

By offering PE at BIS Abu Dhabi, we aim to give our students the opportunity and encouragement to achieve their potential in a stimulating, informative and safe environment; to encourage a healthy and active lifestyle; to nurture sportsmanship in all aspects of competition; to create a passion for active recreation and sport and to assist pupils in reaching their physical potential in a variety of sporting environments.

Year 7 Curriculum Content

Number of lessons per timetable cycle: 4

Although delivered at slightly different times of the year, a typical Year 7 student would experience the following areas of study:

Term	Term 1	Term 2	Term 3
Topic	Fitness and the body Swimming Gym & Dance	Athletics Invasion games	Striking & Fielding Net & Wall Adventurous Activities
Assessment	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition

Useful website(s):

Brian Mac Sports Coach: <https://www.brianmac.co.uk/index.htm>

BBC Sports Academy: <http://news.bbc.co.uk/sport2/hi/academy/default.stm>

Global Campus Olympic Training Programme: <http://globalcampus.nae.school/course/view.php?id=310>

(must login to Global Campus first with your school login details)