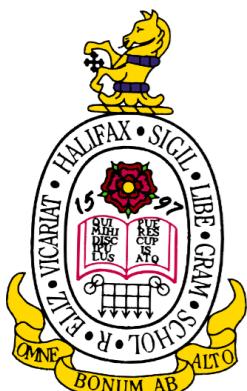


Crossley Heath School Physical Education Journey

Year 7 Boys – Creating A Love For Physical Education



X Country

You will develop your technique and fitness required for X country running and develop an understanding of pacing.



Fitness

You will be inducted to use the fitness suite safely. You will learn about the different components of fitness and how to increase your cardiovascular

Autumn Term

Gymnastics

You will be developing the basic components of a routine, which focus on balances, rotations, travel and jumps.

Skills

You will be developing your basic skills such as catching, throwing, kicking and special awareness.

Your Physical Education Journey starts here ...

Tennis

Your lessons will look at forehand, backhand, volleying, serving and the rules and scoring of the game.



Summer Term

Athletics

Your lessons will be covering the running events, including sprints, middle distance, relays and the jumps.



Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness.



OAA

You will develop your problem solving skills and basic map reading skills, working in pairs and small teams.

House Sports

All Year 7 students will get the opportunity to represent their House in different sports as well as take part in Sports Day.



Softball

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Show Your Commitment

How many can you complete?



Try Your Best In All Lessons
Bring Your PE Kit To All Lessons
Achieve High GRIT In All Lessons
Attend PE Extra-Curricular Clubs Each Term
Represent CHS In One Or More Sporting Fixture

- Self-belief**
- Respect**
- Purpose**
- Responsibility**
- Challenge**
- Aspiration**

Fixtures Each Year

Below Are The Fixtures CHS Compete In Across The Year

● Cricket

● Athletics

● Basketball

● Badminton

● Hockey

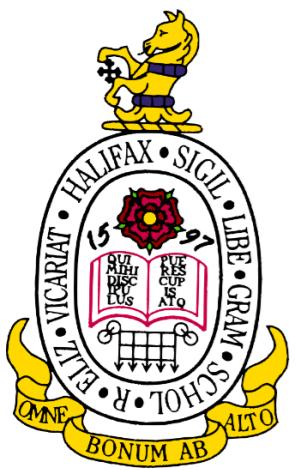
● Netball

● Rugby



Crossley Heath School Physical Education Journey

Year 7 Girls- Creating a Love For Physical Education



Netball

You will continue to improve your skills, including shooting and also learn the positions and basic rules of the game.

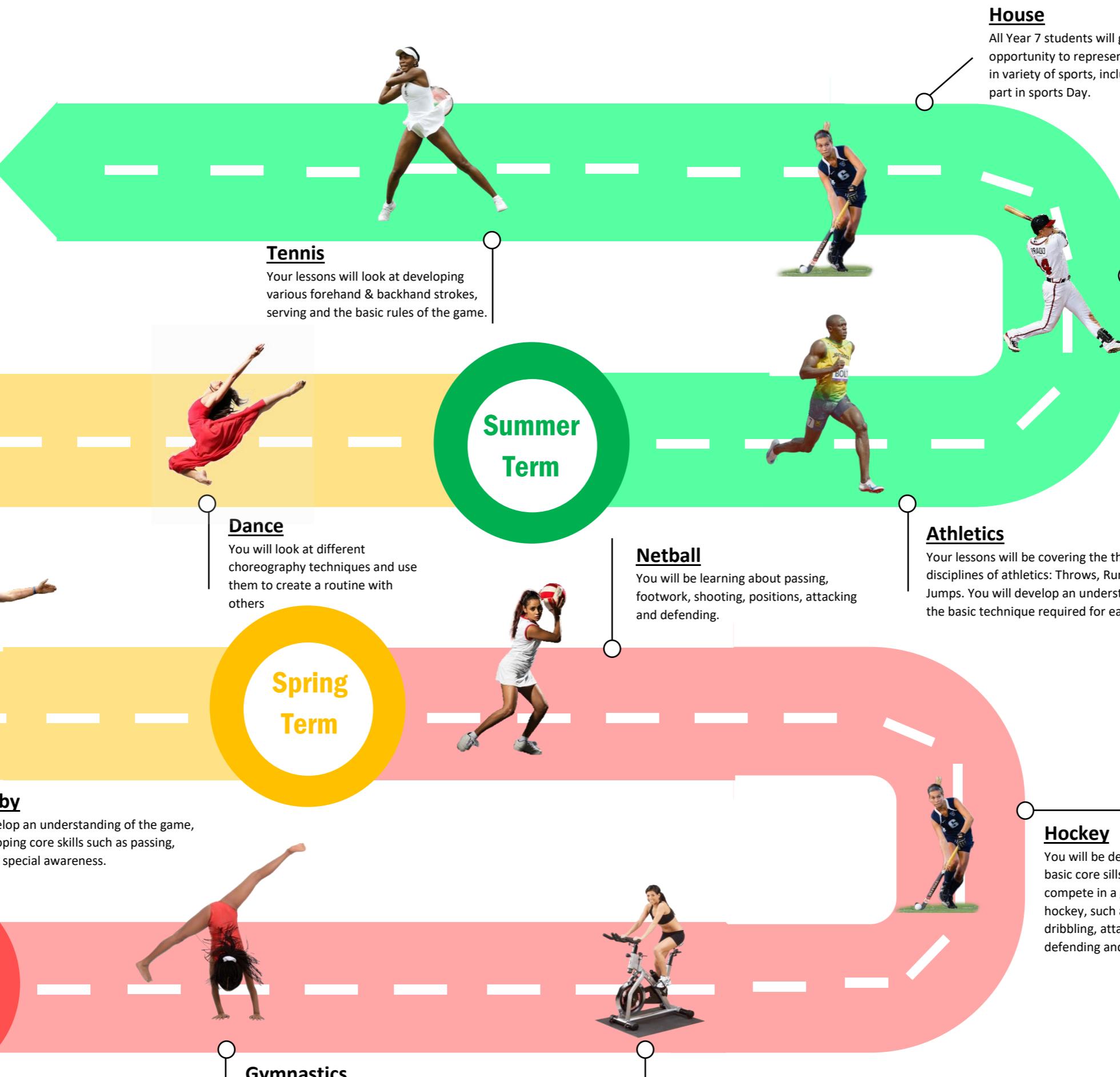


Sportshall Athletics

You will take part in running, throwing and jumping events and develop your technique for these events.



Your Physical Education Journey starts here ...



Gymnastics

You will be developing the basic components of routines, which focus on Balances, Rotations, Travel and Jumps.

Tennis

Your lessons will look at developing various forehand & backhand strokes, serving and the basic rules of the game.

Dance

You will look at different choreography techniques and use them to create a routine with others

Spring Term

Tag Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, catching and special awareness.



Summer Term

Netball

You will be learning about passing, footwork, shooting, positions, attacking and defending.

Summer Term

Fitness

You will be inducted to use the fitness suite safely. You will learn about the different components of fitness and how to increase your cardiovascular

Fitness

You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps.

Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.

Hockey

You will be developing the basic core skills needed to compete in a game of hockey, such as passing, dribbling, attacking, defending and shooting.

House

All Year 7 students will get the opportunity to represent their house in variety of sports, including taking part in sports Day.

Show Your Commitment

How many can you complete?



- Try Your Best In All Lessons
- Bring Your PE Kit To All Lessons
- Achieve High GRIT In All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent CHS In One Or More Sporting Fixture

- Personal Excellence
- Respect & Friendship
- Inspiration
- Determination
- Equality

Fixtures Each Year

Below Are The Fixtures CHS Compete In Across The Year

- Hockey
- Athletics
- Basketball
- Badminton
- Football
- Netball
- Rugby

