

**DE LA SALLE SCHOOL
ST HELENS
YEAR 7, 8 & 9 – PHYSICAL EDUCATION
Half Term 5/Half Term 6**



OUTWITTING

This term I am learning:

- To use my knowledge, skill and understanding to outwit opponents
- To develop understanding of the tactics of the game
- To improve skills and techniques in order to implement the tactics to wish to use
- To analyse play and individual performance more accurately
- To develop an understanding of the importance of fitness and performance

By the end of this term I will:

- Show improved technique in batting, bowling, catching, fielding & throwing
- Show improved understanding of the tactics used by the fielding team
- Show improved understanding of the tactics used by the batting team
- Make sound observations about how to improve the quality of play
- Carry out a specific role in a team
- Use and apply the rules of the game
- Warm up and cool down safely and effectively

ATHLETICS

This term I am learning:

- To use my knowledge, skill and understanding to develop the effectiveness of my performance
- Adapt and develop skills, through adding variety and becoming more controlled and accurate
- To analyse performance and make decisions on what to do next
- To develop an understanding of the importance of fitness and performance

By the end of this term I will:

- Show improved technique in running, jumping and throwing
- Show improved understanding of the principles involved in specific events
- Make sound observations about how to improve the quality of their performance
- Use and apply the rules of competition
- Warm up and cool down safely and effectively

Key Terms I will learn this half term:

acceleration; deceleration
pace; pacing
even pace; changing pace
maximum pace; maintaining pace
estimate; estimation
sprint start
race strategy
team strategy
technique
efficient; efficiency
effective; effectiveness
step pattern
middle distance
bend running
Fosbury flop
attack, offensive
defend, defensive
opponent, opposition
field, field
placement/placing
retrieve, return, stump
strike, striker, striking, send
accurate, accuracy
infringement
penalty
backing up
varying the strike
varying the bowl
communication

Learning Outcomes

Literacy Focus

Homework

OUTWITTING

- Use a good range of Skills techniques.
- Adapt and improvise techniques.
- Play at greater speed and with more precision.
- Select and use a range of tactics and apply them within game situation.
- Describe what they need to do to improve their own

<p>fitness.</p> <ul style="list-style-type: none"> • Design and carry out warm up and cool down. • Observe performance and identify strengths and weaknesses. 		
<p>ATHLETICS</p> <ul style="list-style-type: none"> • Use a good range of skills and techniques. • Adapt and improve techniques. • Compete at greater speed with more precision. • Select and use a range of tactics. • Describe how to improve their own fitness. • Design and carry out warm up and cool down. • Observe performance and identify strengths and weaknesses. 		