

CURRICULUM CONTENT (KS3) YEAR 7

	SPORTS	OVERVIEW OF SKILLS TAUGHT (students are assessed at the end of every scheme of work)	EXTENSION ACTIVITIES THAT PARENTS CAN UNDERTAKE TO SUPPORT LEARNING.
Autumn Term	NETBALL	Footwork, passing, dodging, leading warm ups, shooting, half court, full court, set piece ruling.	<p>Students at Rugby High are encouraged to try a whole range of sports in the hope that each girl will find a sport they love and would want to pursue outside of school.</p> <p>Although extra-curricular clubs are provided in a range of sports at RHS, parents can support their daughters by encouraging and helping to provide opportunities, outside of school, to join local teams and nurture their daughter's interests.</p> <p>Second to actually playing sports, it is always in the media. When well documented competitions are available to view such as Wimbledon, Olympics, World Cups, parents can enjoy time with their daughters sharing these experiences.</p> <p>Better still going to live games. For example seeing the Wasps play at the Richo – a great family day out!</p>
	HOCKEY	Open side dribbling, stopping the ball, push pass, changing direction, passing and receiving whilst on the move, maintain possession.	
	DANCE	Exploring different pieces of music as a stimulus for the motif. Students choreograph their own group dance and incorporate different choreographic devices each week to develop their piece.	
	FOOTBALL	Ball familiarity, control, in step passing, dribbling, maintaining possession.	
	BASKETBALL	Dribbling, passing, passing and receiving on the move, basic game rules, shooting (BEEF).	
Spring Term	FITNESS	Fitness tests, stamina, aerobic training, SAQ, circuit training	
	GYM	Basic shapes, rolls, individual balances, matching/mirroring, canon/unison, jumps, shapes in flight	
	NETBALL OFFICIATING	Starting/stopping games, scoring, throw ins, footwork, combinations, half court.	
	PROBLEM SOLVING	Verbal/non-verbal communication, thinking skills, origins of orienteering – running as a team, school site quiz.	
	VOLLEYBALL	Volley, underarm serve, rallies, dig, increasing team size.	

Summer Term	TENNIS	Ball familiarity, control and grip, forehand, forehand rally, backhand, playing a point, positioning.	
	ROUNDERS	Under/overarm throwing, batting grip and stance, straight bowling, long barrier, game rules.	
	ATHLETICS	Cover the full range of track and field events.	
	CRICKET	Bowling, Batting grip and stance, straight drive, catching high and low, retrieval, continuous cricket.	