



# Year 7 Netball Learning Journey



## Equipment needed

- Netball Posts
- Netballs
- Bibs

## Reminders

- We will be outside – bring your jumpers or base layers.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Passing and receiving</b> Chest, bounce and shoulder pass.
<u>Lesson 2</u>	<b>Footwork and pivoting</b> Two footed and 1,2 land.
<u>Lesson 3</u>	<b>Positional Play</b> Learn the positions and apply to the game.
<u>Lesson 4</u>	<b>Attacking Play</b> Different ways to dodge a player.
<u>Lesson 5</u>	<b>Shooting</b> Two handed shooting – BEEF.
<u>Lesson 6</u>	<b>Netball Game</b> Shooting under pressure.

## Keywords

Receiving

Pivoting

Attacking

Dodging



# Year 7 Handball Learning Journey



## Equipment needed

- Handball Nets
- Handballs
- Bibs

## Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Ball familiarisation</b> Basic passing and catching and rules.
<u>Lesson 2</u>	<b>Phases of play</b> Look at offence and defence set plays.
<u>Lesson 3</u>	<b>Passing</b> Learn and apply the passing technique.
<u>Lesson 4</u>	<b>Shooting and attacking play</b> Learn the jump shot and basic attacking set plays.
<u>Lesson 5</u>	<b>Defending</b> Focus on marking technique.
<u>Lesson 6</u>	<b>Full Game with rules</b> Apply the rules of Handball to a game.

## Keywords

Familiarisation

Phases

offence

Defence

Set Plays



# Year 7 Gymnastics Learning Journey



## Equipment needed

- Gymnastics equipment
- Mats

## Reminders

- You are not permitted to wear trainers or socks in Gymnastics.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Shapes, levels and balances.</b> Adding these into a sequence.
<u>Lesson 2</u>	<b>Introduction to rolls.</b> Using rolls as a transition.
<u>Lesson 3</u>	<b>Modes of Travel</b> Travelling for transitions, jumps and low apparatus.
<u>Lesson 4</u>	<b>Gymnastics stability and strength</b> Headstands, handstands, frog hold and cartwheels.
<u>Lesson 5</u>	<b>Routine creation</b> Create a routine applying skills learnt.
<u>Lesson 6</u>	<b>Routine Performance</b> Performance of routine applying a skills learnt.

## Keywords

Transition

Travel

Apparatus

Creation



# Year 7 Badminton Learning Journey



## Equipment needed

- Badminton Posts and nets
- Shuttles
- Rackets

## Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Racket Familiarisation</b> Practice hand-eye coordination and control.
<u>Lesson 2</u>	<b>Serving</b> Forehand and Backhand serve.
<u>Lesson 3</u>	<b>Overhead clear</b> Learn how to hit an overhead clear with power.
<u>Lesson 4</u>	<b>Net shots.</b> Learn shots that land close to the net.
<u>Lesson 5</u>	<b>Smash Shot</b> Learn the correct technique with the Smash shot.
<u>Lesson 6</u>	<b>Rules and regulations</b> Look at half court rules whilst playing a game.

## Keywords

Familiarisation	Hand-eye coordination	Power	Regulations
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