
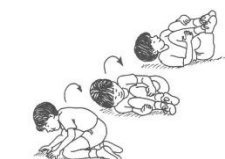






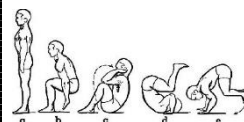


The blue italic writing is GCSE PE content

<p>What I need to know:</p> <p>How to apply a range of movements and balances, individually and with a partner, transferring skills into a fluent routine:</p> <ul style="list-style-type: none"> Balances (Individual/partner) Counterbalances Travelling Pathways Space Basic Flight Rotation(turning) 	<p>Key Vocabulary:</p>  <p>Types of rolls Levels Locomotion Motion Transition Theme Timing Canon/Unison Symmetry Asymmetrical Mirroring Contact points Routine</p>
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<p>Student reference point:</p>	
 <p>Identify the different transitions to move in and out of different positions, using a range of actions . Gymnastics Lesson Ideas for PE - Routines - YouTube</p>	 <p>Practice 3 – 4 different balances, using different contact points and apply 3 different ways to move in and out of position.</p>
 <p>Watch this floor routine from the Rebeca Andrade's BR mesmerizing Floor Routine at Tokyo 2020. Rebeca Andrade's BR mesmerizing Floor Routine at Tokyo 2020! - YouTube</p>	 <p>Research 3 different disciplines of women's gymnastics and identify what types of fitness are needed for these.</p>



Split



Tuck




Straddle



Pike



Challenge question:
Read the following article shown from BBC sport. Can you identify where gymnastics has originated from and who have historically been the main power houses in this sport?
[Get Inspired: Gymnastics \(artistic\) - BBC Sport](#)

	<p>Suggested reading:</p> <ul style="list-style-type: none"> Simone Biles: Greatest of All Time (Gateway Biographies)
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Highsted Knowledge Organiser

Physical Education

Year 7 Invasion Games

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What I need to know:

Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.

- **Invasion** – Netball, Football, Basketball, Tag

Warm up, stretching, Drills and practices, conditioned games, competitive games, cool down & analysis

Key Vocabulary: *GCSE*



Invasion games
 Net/wall games
 Striking games
 Drills and practices
 Outwitting opponents
 Attack
 Defence
 Marking
 Dodging
 Leading
 Finding space
 Passing
 Receiving

Student reference point:



Watch the following clips to learn how to refine your skills.

<https://www.youtube.com/watch?v=FYS9o-MwI> Throwing & catching challenge

10 best skills for beginners in football

<https://www.youtube.com/watch?v=5fl248V4tIU>

Watch a match on TV of a game of your choice to see how professional performers use these skills to outwit their opponents.



Attend extra-curricular clubs within School to develop skills and fitness further.

Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs. Attend live matches/games if you can as this is a great way to develop knowledge of skills, tactics and strategies



Can you practice the skills from the videos you have watched from the task above in your lessons or matches to refine your own performance?



Research the rules for a game of your choice.
 Are there any rules you would modify/remove/add in to improve the game?

Challenge question: Research who are the elite performers or role models for a game of your choice.

Suggested reading:

How to improve at football (library)
 Soccer drills- age 12 to 16 (library)
 Basketball Fundamentals (library)
 Netball - non-fiction books in library



Rebound (library)
 Team games - invasion games like football
 Game on- edited by Laura Silverman
 You are a champion- Marcus Rashford