

**Subject: Physical Education****Term: 5**

Year group	What we are studying	Work to complete
Year 7	Girls- Rounders, Athletics, Tennis Boys- Cricket, Athletics, Tennis, Softball Mixed- Athletics, Tennis, Rounders	<p>Athletics track events Watch the video clip below on performing high knees. High knees demonstration Complete high knees for 40 seconds, rest for 30 seconds. Repeat this process 3 times. Think about what has happened to your breathing rate, heart rate, pulse rate and can you explain reasons why this happens? Watch the sprinting clip and note the technique used to achieve success. Usain Bolt Running Technique: How to Run Faster - YouTube Watch the relay clip 2016 Olympic Games, why do you think this team achieved a gold medal? Mens 4 x 100m relay 2016 RIO Olympics. Ussain Bolt - YouTube</p> <p>Athletics field events Watch the following short clips for field events in athletics. Shot Put USA's Carter out-throws for Shot Put gold - YouTube Discus Kamalpreet Kaur's debut Olympic final #Tokyo2020 Highlights - YouTube Javelin Javelin 90m plus throws High Jump The Highest Ever Olympic High Jumps! Top Moments - YouTube Long Jump Evolution of the Men's Long jump at the Olympics! - YouTube Triple Jump The Longest Ever Olympic Triple Jumps Top Moments - YouTube For each of the following athletic field events can you research the rules to improve your understanding.</p> <p>Rounders Game of rounders - watch this short video and note down as many key points that you feel are important to know when playing rounders (please note: rounders teams are made up of 9 people on each side who play at any one time not 50) Research the rules of rounders to improve your knowledge further. Ball control – Juggling Watch the following clips of jugglers https://www.youtube.com/watch?v=uu5cUd15u1Y , https://www.youtube.com/watch?v=9-JCBTuMnAk</p> <p>Watch the following videos on learning to juggle. https://www.youtube.com/watch?v=JZmmOdnIjG4&t=116s At home using bean bags, tennis balls, rolled up socks or anything you can find. Practice your juggling technique. This will improve your hand/eye co-ordination which is extremely important for rounders.</p> <p>Tennis Watch the short video below: How To Play Tennis : Tennis Rules : The Rules of Tennis EXPLAINED! - YouTube</p>



[30 Tennis Drills For Beginners - First Time Tennis Lessons - Bing video](#) - this video will give you an idea of some of the drills that you may cover within your PE lessons. If you have a racket and ball at home please give them a go.

Watch the short videos below:

[How to play cricket: The Basics - YouTube](#)

[How to Play Cricket - YouTube](#)

Batting Drills

[5 Basic Drills for Beginners | Batting Basics - YouTube](#)

Bowling

[Learn How To Bowl - Cricket Bowling Drills - YouTube](#)

Fielding

[TOP 5 EASY FIELDING CRICKET DRILLS \(You Can DO ANYWHERE\) - YouTube](#)

YEAR 7 – CRICKET

LEARNING OUTCOME

- To explore different throwing and catching techniques with a variety of objects.

EQUIPMENT

- Tennis ball (if this is not possible, a rounded pair of socks would be a good alternative).

HEADS, SHOULDERS, KNEES, CATCH CHALLENGE

- Throw the ball in the air.
- Touch your head, shoulders, stomach, and toes and then catch.
- Start with just your head and catch and build from there, until you are able to achieve head, shoulders, stomach, toes and then catch.

COACHING POINTS

- Watch the ball all the way into your hands.
- Keep a big surface area to catch (hands like an open book).

LEARNING OUTCOMES

- To explore throwing techniques linked to bowling.
- To develop accuracy and understand where to pitch the ball.

EQUIPMENT

- Tennis ball, or rubber ball.
- Rubbish bin.
- Tape/marker pen.

HIT THE TARGET CHALLENGE



	<ul style="list-style-type: none">• Mark out a set of wickets by placing strips of tape in three straight parallel lines on the rubbish bin.• With your dominant arm, place the ball in your hand, so your index finger and middle finger are either side of the middle of the ball. With the palm of your hand facing outwards, bring the ball to where your shirt pocket would be, with your elbow tucked in. Draw a number 6 clockwise, bringing your arm down towards your trouser pocket and then behind your waist and up, towards your ear.• Scoring = 1 point for hitting the rubbish bin. 3 points for making contact with any of the straight-lined pieces of tape (wickets). <p>COACHING POINTS</p> <ul style="list-style-type: none">• Keep your bowling arm straight all of the way through the delivery.• Start sideways on and rotate into a frontal position, as the ball is released at 1:00 p.m. on a clock.• Step into the bowl. <p><u>Tennis</u></p> <p>There is no need to submit the work, just give it a go!!</p> <p><u>2021 Kickstarter Workout 20 Minutes The Body Coach TV - YouTube</u></p> <p><u>NEW!!! 15 Minute FULL BODY Home Workout No Equipment - YouTube</u></p> <p><u>10 Minute Abs Workout The Body Coach - YouTube</u></p> <p>Note: Even with no equipment, it is good to watch the videos to broaden your knowledge for your lessons.</p>
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