



Programme of Study – Grade 6 (Year 7) Physical Education

	Theme	Overview of key learning to take place	How learning will be assessed
Term 2	Unit 1: Striking and Fielding	<p>Key Topic 1: Throwing and catching</p> <ul style="list-style-type: none"> • I can understand the importance of catching in rounder. • I can develop the throwing and catching precision, control and fluency skills. • I can demonstrate throwing and catching a ball accurately. • I can accurately replicate a basic throwing & catching technique. • I can play a conditioned game in which I understand and apply basic tactics. • I can develop creative thinking & outwitting opponents with the placement of the ball. • I can develop communication skills, teamwork through Rounders game play. <p>Key Topic 2: Fielding skills</p> <ul style="list-style-type: none"> • I can understand the role of a fielder in a game and can explain it to another student • I can catch and control a moving ball in the air from an overarm throw • I can throw a ball overarm with some accuracy to a partner • I can stop a rolling ball and return it to my partner accurately • I can use both underarm & over arm throws depending on game situations. • I can accurately replicate long barrier and use effectively in a game. <p>Key Topic 3: Bowling Skills</p> <ul style="list-style-type: none"> • I can accurately replicate the correct bowling technique. • I can understand what makes a legal ball and penalty for persistent no balls. • I can incorporate bowling, batting, fielding into a game of Rounders. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Produce a video Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments for Term 2, each one at the end of unit assessment for each sport.</p> <p>Students will receive a percentage for this assessment. The remote learners are required to submit a video assignment.</p> <p>The video assignment that our remote learners need to submit should include a one-minute short demonstration of 3 or 4 tasks.</p>

- I can incorporate spin & disguise into bowling to outwit batter.

Key Topic 4: Fitness component related to Key Topic 1

- I can evaluate endurance, strength, and conditioning and speed in order to improve rounder's skills.
- I can know how the health related components relate to rounder's skills.
- I can apply the skills acquired in this learning to a game situation

Key Topic 5: Fitness component related to Key Topic 2

- I can highlight Rounders fitness needs and the necessary components of fitness needed. I.e. coordination, reaction time, speed, and agility.
- I can evaluate one's ability to integrate the fitness components so that effective movements achieved.
- I can apply and combine body balance, coordination and speed in order to controlled movement in the field.
- I can know how the skill related components relate to Rounders skills and can cope with the demands of the activity.

Key Topic 6: Fitness component related to Key Topic 3

- I can apply and combine speed, agility and reaction time in order to perform each Rounders skills with technique and proper form.
- I can know how the health-related components of fitness relate to Rounders skills.
- I can evaluate how can endurance, strength, and conditioning and speed contribute to being successful in a game of Rounders

Students can also submit individual videos for each task, each individual video should be 20-25 seconds long.