

YEAR 7

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 1

FOOTBALL

- Knowledge of Field Layout and Positions: Identify and describe the main areas of the football field (goal area, penalty area, halfway line) and understand and explain the basic positions (goalkeeper, defenders, midfielders, forwards).
- Game Rules and Regulations: Explain the fundamental rules of football, including throw-ins, goal kicks, corner kicks, fouls and consequences
- Passing and Receiving Skills: Learn and demonstrate fundamental passing skills (short, long, ground and loft pass) using both feet and receiving skills using the feet and body.
- Attacking and Shotting Skills: Learn to dribble the ball with control using both feet, maintaining close control and learn to shoot with accuracy and power using both feet.
- Defending Skills: Learn the basic tackling techniques safely and effectively and understand and apply the principles of marking, including man-to-man and zonal marking. Anticipate and intercept passes to disrupt the opposition's play.
- Game Play: Apply skills and positional play in games, understanding of positional responsibilities and team strategy.

NETBALL

- Basic Rules Understanding: Understand and demonstrate a basic knowledge of netball rules, including the positions, court zones, and scoring.
- Movement and Agility: Develop agility and coordination by practicing footwork techniques, pivoting, and changing direction quickly on the netball court.
- Passing and Receiving Skills: Learn and demonstrate fundamental passing and receiving skills, such as the chest pass, bounce pass, and overhead pass, to effectively move the ball among teammates.
- Defensive Techniques: Learn and apply basic defensive skills, such as marking an opponent, intercepting passes, and understanding zoning concepts to prevent the opposing team from scoring.
- Shooting Accuracy: Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through.

BASKETBALL

- Basic Rules Understanding: Understand and demonstrate a basic knowledge of basketball rules, including the roles of different positions (point guard, shooting guard, small forward, power forward, center), court zones (key, three-point line, half-court), and the scoring system (two-point shots, three-point shots, free throws).

- **Agility and Coordination:** Develop agility and coordination by practicing footwork techniques such as pivoting, changing direction quickly, and proper running form on the basketball court. Emphasize drills that improve lateral quickness and explosive movement.
- **Passing Fundamentals:** Learn and demonstrate fundamental passing and receiving skills, including the chest pass, bounce pass, and overhead pass. Focus on accuracy, speed, and timing to effectively move the ball among teammates.
- **Defensive Techniques Basics:** Learn and apply basic defensive skills, including on-ball defense (staying in front of the offensive player), help defense (assisting teammates when they are beaten), and understanding zoning concepts to prevent the opposing team from scoring.
- **Shooting Accuracy Techniques:** Develop shooting accuracy by practicing goal shooting techniques, including proper shooting stance, hand positioning, and follow-through. Emphasize both stationary shooting and shooting on the move.

SWIMMING

- **Stroke techniques:** Students will learn and develop their skills in the 4 main strokes: Butterfly, Backstroke, Breaststroke and Freestyle
- **Water safety:** Students will learn the basic skills of water safety
- **Endurance Building:** Students will build their endurance and fitness through swimming and games
- **Waterpolo:** Students will learn the basic rules and skills of waterpolo
- **Relay Races:** Students will showcase their skills in swimming and fun relay races

ONGOING OBJECTIVES

- **Rules:** Understand and demonstrate a basic knowledge of the game rules
- **Communication:** Enhance communication skills on the court by using verbal and non-verbal cues to coordinate movements and strategies with teammates.
- **Implementing Game strategies:** Understand basic game strategies, such as creating space, maintaining player positions, and adapting to different game situations, to make informed decisions during netball matches.
- **Teamwork and Cooperation:** Emphasize the importance of teamwork and cooperation by actively participating in drills, exercises, and game situations that require collaboration with teammates.
- **Personal Growth and Goal Setting:** Set personal goals for improvement in various sports. Reflect on personal achievements and areas for growth, developing a mindset for continuous improvement.