

# YEAR 7

## PHYSICAL EDUCATION



**SRI KDU**  
International  
School  
SUBANG JAYA

### PROGRAMME OF STUDY - TERM 2

#### VOLLEYBALL

- **Understanding and Demonstrating Basic Skills:** Students will learn to perform key volleyball skills (serve, pass, set, dig, and spike) with proper technique and accuracy during drills and gameplay.
- **Communication:** Students will be taught how to call for the ball clearly and confidently during play and use phrases like "Mine!" or "Yours!" to ensure team coordination.
- **Application of the 3-Touch Rule: (modified)** Students will learn how to work collaboratively to ensure no more than 3-5 touches are used before sending the ball over the net, while avoiding consecutive touches by the same player
- **Learning and Applying Basic Rules of the Game:** Students will learn the basic rules of scoring, rotating positions and how to avoid basic violations

#### BADMINTON

- **Basic Rules on single's game:** Students will familiarize themselves with basic rules of the game, including scoring and serving rotation.
- **Basic serve techniques:** Students will learn basic serve techniques (backhand low and backhand flick serve)
- **Basic grips:** Students will learn and demonstrate proficiency in fundamental grip technique
- **Offensive shot:** Students will learn basic offensive shot such as drive shot.
- **Defensive shot:** Students will learn basic defensive shot such as lifting.
- **Footwork:** students will engage in basic footwork drills to enhance agility, speed, and court coverage, focusing on more complex movement patterns and directional changes.
- **Basic tactical in single and double:** Rally Consistency: Focus on maintaining consistent rallies by avoiding risky shots and forcing opponents to make errors through patient play.

## ATHLETICS

- **Improving Fitness and Strength:** Students will learn how to engage consistently in warm-up and cool-down routines to prevent injury and enhance flexibility and demonstrate measurable progress in strength-based activities.
- **Showing the Correct Running Technique:** Students will learn how to run effectively, showing the correct back, arm, head and leg positions and patterns to improve speed.
- **Building Endurance:** Students will learn how to maintain a steady pace throughout middle and long-distance runs without excessive fatigue
- **Showing the Correct Skills During Field Events:** Students will learn how to take part in throwing events (shot put, discus and javelin) and jumping events (high jump and long jump) safely and correctly, showing the correct techniques and skills.

## 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 matches.
- **Teamwork and Cooperation:** Emphasise the importance of teamwork and cooperation by actively participating in drills, exercises, and game situations that require collaboration with teammates.