

YEAR 7

PHYSICAL EDUCATION



SRI KDU
International
School
SUBANG JAYA

PROGRAMME OF STUDY - TERM 2

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.

HANDBALL

- **Rules:** Students will know the rules of Handball.
- **Passing:** Students will continue to show their skills in passing and teamwork. Enhance students passing skills to facilitate smooth ball movement and teamwork.
- **Dribbling and Ball Handling:** Students will learn how to dribble the ball during the game in terms of attacking and defending. Students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Movement:** Students will continue to show their understanding of the importance of moving to open areas.
- **Shooting:** Students will learn the techniques of effective shooting and students should aim to improve their shooting accuracy to increase the likelihood of scoring goals.
- **Formation Strategy:** Students will understand the importance of a certain formation styles.

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.