



How often do students in year 7 study Physical Education

Year 7 students have 4 lessons of Physical Education per fortnight, usually 2 periods each week.

What topics do you learn about in this Physical Education in year 7?

There are a wide range of activities that are delivered to Y7 in PE. This includes:

Badminton	Rugby	Athletics	Hockey
Football	Basketball	Cricket	Handball
Trampolining	Gymnastics	Rounders	
Fitness	Table Tennis	Netball	

What skills will you develop in this Physical Education during year 7?

Students will develop multiple sport-specific skills for each activity. This can range from shooting and tackling in games, to swivel hips on a trampoline, to batting in rounders. Skills will be built upon throughout the unit of study, as well as in successive years.

Do you need any specialist equipment to study Physical Education?

Students will require their red PE top, black shorts and black football socks for PE. They will also need a pair of trainers and if possible, a pair of boots for the grass. Students have the option to wear black tracksuit bottoms, underlayers that are red or black, as well as red or black jumpers and coats (which are suitable) for outdoor lessons.

What is the best thing about studying Physical Education?

PE gives students the opportunity to be active in their learning and develop their skill set in areas beyond those that are physical. As a department we also focus on social skills such as leadership and communication. PE is a place where students can actively engage with their peers and build upon those relationships.

Do you have any tips for new year 7 students studying Physical Education?

One top tip – always give 100% effort! We are aware that not everyone excels at sport, but we can always try our best. Use the time to develop your different skill sets, especially those that can lead to you fulfilling a healthy, active lifestyle beyond school.

Physical Education
at Penistone Grammar School