

# Year 7 PE homework booklet

*To be completed before the 30<sup>th</sup> of January*

Year 7 over archiving theme for PE this year- Knowing myself. The ability to understand and focus on both the things you're good at in both sport and PE lessons and the thing you may need to improve on.

Using what you have learnt in PE lessons this term. Answer the following questions that will help you to 'know myself' and become better at reflecting honestly on your own strengths and weaknesses and to improve. You could do these all at once or space them out over each week.

Question 1)

What do movement skills mean to you in the activity/sport areas you've done this term?

*This question asks you to analyse which movements you need to be successful in the activity/activities you have been doing this term?*

Being able to move effectively is important because.....

Being able to jump well helps me to.....

Being good at catching and throwing is important because..... In other words.....

Movement is important in the sport/activity because.....

State below any other reason why YOU think movement skills are important in sport/physical activity.

Questions 2) Which movement skill have YOU been particularly good at this term?

This questions asks you to name your strengths relating to your movements skills and what they mean you can do well.

*The key movement skills you can talk about are;*

*Running, jumping, side stepping, throwing, catching, landing and balancing*

**Example answer-** *I am very good at jumping and landing, this mean I am effective at basketball because I can jump higher than there to get to the basketball and quick win possession for my team.*

Questions 3) Which movement skill have YOU NOT been particularly good at this term?

This questions asks you to name your weaknesses relating to your movements skills and what they mean you can't do.

*The key movement skills you can talk about are;*

*Running, jumping, side stepping, throwing, catching, landing and balancing*

**Example answer-** *I am not very good at side stepping, this means I often struggle to change direction quickly. The effect on the game is that I can't beat defender in a tight space when playing touch rugby.*

Questions 4) Give an example of when you have demonstrated a tactical skill effectively.

This questions asks you demonstrate that you know what a tactical skill is and give an example of when you have used one well.

*Tactical skills you can talk about are;*

*Setting a formation, attacking the wings/wide, marking someone closely, passing into space, keeping possession and passing to create space.*

**Example answer of an effective tactic-** *During a hockey lesson I noticed a player was dribbling through everyone and was in too much space, so I decided to mark them really closely and when they received the ball I was there to tackle them quickly.*

Questions 5) Give an example of when you have not demonstrated a tactical skill effectively.

This questions asks you demonstrate that you know what a tactical skill is and give an example of when you have not used one well in lessons this term.

*Tactical skills you can talk about are;*

*Setting a formation, attacking the wings/wide, marking someone closely, passing into space, keeping possession and passing to create space.*

**Example answer of an effective tactic-** *During a basketball lesson we decided to use a formation of defending the key, however the other side had a very tall player that was able to go behind out formation, this meant they were able to score lots and our tactical skill didn't work.*