

**TERM PLAN (CHRISTMAS)**  
**PHYSICAL EDUCATION (LAND ACTIVITY)**  
**GRADE 7**  
**2024-2025**

<b>TERM ONE</b> <i>SEPTEMBER TO DECEMBER</i>	<b>Duration -55 mins per session</b>	<b>Unit Title Practical</b>	<b>Topic/content</b>	<b>Objectives</b>	<b>Teaching/learning strategy</b>	<b>Assessments</b>
<b>SEPTEMBER 2-13</b>	<u>Week 1 &amp; 2</u>	<b>Protocols and Eliminations</b>	1. Students will run two standard events which will contribute points towards sports day (100m and 200m)  2. Familiarization with rules, protocols and timetable	<b>Students should be able to</b> 1. Observe rules and protocols 2. Dress appropriate for class 3. Explain how they are going to be graded 3. State how they are going to be rotated for class. Eliminations for Sports Day	1. Stop watches will record time 2. Discussions based on questions and answer sessions	Students will be selected to run on sports according to their time and placement in the event ran.
<b>SEPTEMBER 16 – September 27</b>	<u>Week 3 and 4</u>	<b><u>Introduction to Physical Education</u></b>	1. Definition of Physical Education 2. History of Physical Education 3. Importance of Physical Education	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>▪ Define Physical Education</li> <li>▪ Differentiate the history of Physical Education (e.g. Prehistoric man, Ancient China, Ancient India, Ancient Egypt, Ancient Greece, Feudalism, renaissance, Modern Era)</li> <li>▪ Explain the Importance of Physical Education</li> </ul>	1. Discussion 2. Presentation from students 3. Dramatize the history of Physical Education	Question and answer sessions without the use of textbooks.

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<p style="text-align: center;"><b>September 30 – OCTOBER 11</b></p>	<p style="text-align: center;"><b><u>Week 5 and 6</u></b></p>	<p style="text-align: center;"><b>History of netball locally and internationally</b></p>	<ol style="list-style-type: none"> <li>1. When was netball first invented?</li> <li>2. Who created netball?</li> <li>3. In what year was netball introduced to Jamaica</li> <li>4. How was netball introduced to Jamaica?</li> <li>5. What position is the Jamaica netball team is ranked.</li> <li>6. Name some countries that currently played netball</li> <li>7. Types of passes used in netball and the importance of each type.</li> </ol>	<p style="text-align: center;"><b>Students should be able to:</b></p> <ol style="list-style-type: none"> <li>1. Tell when netball was first created</li> <li>2. Differentiate between the history of netball internationally and locally</li> <li>3. Explain the importance of each types of pass used in netball</li> <li>4. Execute the various passes from a stationary position and while moving</li> <li>5. State the position in which the Jamaica team is currently ranked</li> </ol>	<p>Provide notes in google classroom</p> <p>Question and answer without the use of textbooks</p>	<p>Quiz on the history of netball and types of passes</p>
<b>OCTOBER 14-18 First Six aWeeks Test</b>						
<b>OCTOBER 21 - 23 Mid- Term break</b>						

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**NOVEMBER**

<p><b>OCTOBER 28 - NOVEMBER 8</b></p>	<p><b><u>Week 7 and 8</u></b></p>	<p><b>Introduction to Netball</b></p>	<ul style="list-style-type: none"> <li>● What is netball</li> <li>● Diagram of the netball court</li> <li>● Labelling of the lines on the netball court</li> <li>● Labelling of the playing areas</li> <li>● Playing positions on the court</li> <li>● Dimension of the centre circle</li> <li>● Height of the pole</li> <li>● Landing and pivoting</li> </ul>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>▪ Define the term netball</li> <li>▪ Label the netball court</li> <li>▪ State the different lines on the netball court</li> <li>▪ Tell the different playing areas and playing positions on the netball court</li> <li>▪ Differentiate between the dimension of the lines on the netball court, the circle and the height of the net.</li> <li>▪ Demonstrate the landing and pivoting skill</li> </ul>	<p>Group presentation from students on the different areas of netball</p>	<p>Discussion with question and answers</p>
<p><b>NOVEMBER 11 - 22</b></p>	<p><b><u>Week 9 and 10</u></b></p>	<p><b>The Jamaica Netball Team</b></p>	<p>Looking at players from the Sunshine Girls' Team which include:</p> <ol style="list-style-type: none"> <li>1. Name</li> <li>2. Position</li> <li>3. Age</li> <li>4. Years of service</li> <li>5. Special achievement</li> </ol>	<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>● State and different the different players on the Sunshine Girls' Team</li> <li>● Differentiate between major and minor rules</li> </ul>	<p>Group presentations on players from the sunshine girls team</p>	<p>Quiz on the different players</p>

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<p><b>NOVEMBER 25 – DECEMBER 6</b></p>	<p><b><u>WEEK 10 and 11</u></b></p>	<p><b>Footwork</b></p>	<p>6. Hobbies  7. Alma mater  8. Picture  9. Other important information  10. Minor and major netball rules  11. Match officials and team officials  12. Contact and obstruction</p> <p>Landing and pivoting</p>	<p>● Demonstrate when a player is being contacted and obstructed when playing netball</p> <p>Students should be able to:</p> <p>● Execute the correct technique for landing and pivoting</p>	<p>Observe Reinforce</p>	<p>Analyse and interpret Question Discuss</p>
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<b>DECEMBER</b>						
<b>DECEMBER 9 – 13 SECOND SIX WEEKS TEST</b>						
<b>DECEMBER 9 - 19</b>	<b>WEEK 14</b>	<b><u>FOOTWORK</u></b>	Landing and Pivoting	<b>Students should be able to:</b> Execute the correct technique for landing and pivoting	Observe Reinforce	Analyse and interpret Question Discus
<b>DECEMBER 19 END OF TERM</b>						

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