

**GRADE 7 TERM PLAN**  
**Physical Education (Practical)**

2024 - 2025

**TERM ONE: SEPTEMBER– DECEMBER**

**Systems: Swim Activity**

DATE	WEEK	PRACTICAL TOPIC	OBJECTIVES	PREPARATION FOR NEXT CLASS ASSIGNMENTS AND ASSESSMENTS
<b>SEPTEMBER</b>				
September 2 - 13	WEEK 1 2 sessions	Rules and Protocols Attendance Grading Scheme (how they are going to be graded) Discussion of timetable		<u>Asynchronous activity</u> (to be given to the students in preparation for next class)
September 16-27	WEEK 2	Topic: Eliminations for Sports Day & Jellyfish and Starfish	Students who are advanced will swim a length and beginners swim across two which will contribute points towards sports day and building water confidence in beginners is essential to making progress.	<u>Asynchronous activity</u> <u>Research Assignments</u> <u>Preparation for next class</u>
September 30- October 11	WEEK 3	Topic: Front Crawl / Freestyle and the Front Glide Kick	Students should be able to perform the front crawl stroke with basic proficiency, including proper body position, arm movement and breathing technique	<u>Asynchronous activity</u> <u>Research Assignments</u> <u>Preparation for next class</u> -

**OCT 14-18 1<sup>st</sup> Six Week Test**  
**October 21-23 Mid- Term Break**

October 28 - November 8	WEEK 4	Topic : Front Crawl/ Freestyle (Breathing Technique)	Students should be able to execute the front crawl(freestyle) breathing technique effectively incorporating rhythmic and efficient breathing without interrupting their stroke	<u>Asynchronous activity</u> <u>Research</u> <u>Assignments</u> <u>Preparation for next class</u> -
<b>November</b>				
November 11- 22	WEEK 5	Topic : Front Crawl/ Freestyle ( Drills)	Students should be able to perform various freestyle drills to improve their front crawl stroke focusing on specific aspects of technique	<u>Asynchronous activity</u> <u>Research</u> <u>Assignments</u> <u>Preparation for next class</u> -
November 25- Dec 6	WEEK 6	1st Practical	Students will swim across the pool. (beginners 2 width across freestyle 1 lap and 1 streamline kick across) (Advanced 4 width across 2 freestyle 2 drills)	<u>Final examination on Freestyle</u>
December 9-13	Week 7	Second Six Weeks Test	Test	Test
December 9-19	WEEK 8	Topic: Revision	Correcting students strokes and technique	<u>Asynchronous activity</u>

December 19 End of Term				