SUBJECT: PE

UNIT: Year 7 Swimming



Types of Swimming strokes

Front crawl- Face in, bilateral breathing, flutter kick, over arm recovery



Backcrawl- - Head back, long legs, over arm recovery



Breaststroke- Arms pull around and forward, legs kick out and around, breathing to the front



Butterfly- – Dolphin kick, undulating action from head, arms working simultaneously, breathing to front after every arm pull



Strokes are broken down into -

- **B- Body Position**
- L- Leg Kick
- A- Arm Action
- **B- Breathing**
- T- Timing

Swimming skills

Floating - supine & prone

Push & Gliding - front & back arms extended

Sculling - head first & feet first

Surface dives - head first & feet first

Treading Water - arms sculling, breaststroke legs

Straddle Jump- The purpose of a straddle jump is to not get your head wet

Keywords -

Supine

Prone

Alternate

Simultaneous

SUBJECT: P.E

UNIT: Year 7 Badminton



Key Skills -

Ready Position- Balanced position, side on, racket up and ready, on toes.

Grip- Shake hand with the racket sideways on. Wrap fingers round the tape.

Serving- There are several types of serve. Short/backhand, long and flick. The racket head must start from below the waist.

Underarm clear (long serve) - This shot is played high to the back of your opponent's court. Start sideways on and use a whip action with the wrist to create power.

Overhead clear- Played to the back of your opponent's court and is a defensive shot.

Drop shot- a shot played with finesse to land the shuttle as close as possible to the net on your opponent's side.

Tactics-

Hitting into space- moving your opponent around the court

Shot selection- selecting the right shot for the right situation

Targeting your opponents weakness

Rules-

Game starts with a diagonal serve- right hand side to right hand side

Serve must land over the service line

Play to 21 points- but must win by 2 clear points

A point is won every rally

Whoever wins the point serves next

When the score is even, serve from the right, when the score is odd, serve from the left.

Court is long and thin for singles, short and wide for doubles

You cannot hit the net with your racket or body

Badminton court and equipment

