

Year 7 Physical Education

| Target | Link |
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| Is lacking in organisation and commitment to PE as kit is an issue. | Ensure that you pack and prepare your kit bag the night before PE and Games so that you are prepared and equipped for the lesson with full Liverpool College kit including LC socks. |
| Is lacking in cardiovascular fitness. | <p>Guidelines on how to lead a healthy active lifestyle are in the link below: https://www.healthykids.nsw.gov.au/parents-carers/5-ways-to-a-healthy-lifestyle.aspx</p> <p>List of sporting clubs for you to join outside of school to improve your competency and fitness are in the links below: Rugby Union https://www.rugbyclubs.info/rugbyunionclubs.php/Merseyside/46/1/</p> |
| Is lacking in competency in competitive team based sports. | <p>Netball http://www.merseysidenetball.org.uk/junior-clubs.html</p> <p>Football http://www.findafootballteam.info/teamlist/?q=1&p=37&m=3-Merseyside</p> <p>Cricket https://www.yell.com/s/cricket+clubs-liverpool.html#</p> |
| Is lacking in competency in competitive single sports (such as badminton, athletics, dance, tennis). | <p>Gymnastics https://www.british-gymnastics.org/discover/clubs/liverpool</p> <p>Dance https://www.yelp.co.uk/search?cflt=dance_schools&find_loc=Liverpool%2C+Merseyside</p> <p>Swimming http://liverpoolpenguinsc.org.uk/</p> <p>Athletics https://www.liverpoolharriers.co.uk/</p> |
| Needs to engage more fully in the lessons to make the maximum progress. | |
| Lacks in the motivation to analyse and improve performance. | |
| Lacks in knowledge and understanding of team sport rules. | Netball rules: https://www.simplenetball.co.uk/rules/ |

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| | <p>Football Rules: https://www.football-knowledge.com/main-football-rules-and-regulations/</p> <p>Hockey Rules: https://www.englishhockey.co.uk/page.asp?section=1146&sectionTitle=Rules+of+Hockey</p> <p>Rugby Union Rules: https://www.rulesofsport.com/sports/rugby.html</p> <p>Handball Rules: https://www.rulesofsport.com/sports/handball.html</p> |
| Lacks in knowledge and understanding in single sport rules. | <p>Badminton Rules: https://www.rulesofsport.com/sports/badminton.html</p> <p>Athletics: https://www.sportsrec.com/94415-basic-rules-running-track.html</p> |