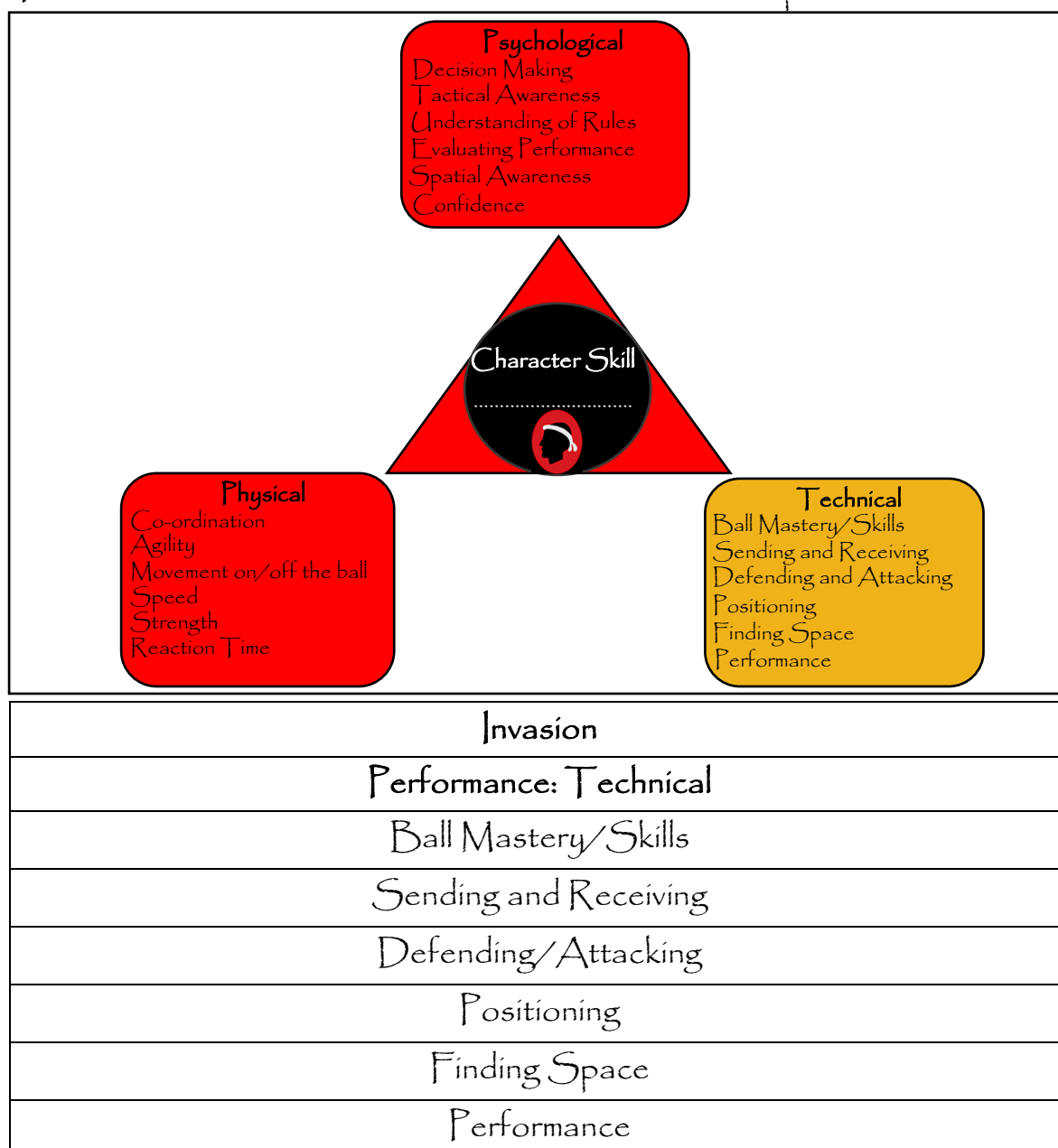


Year 7 PE Overview (Invasion) Sept 2020

Character skill: Refer to your character card **Performance Element:** Technical

You will complete a range of sports over the year while developing your character. The very best performers are what we call at Penryn 'well rounded'. Not only possessing good skills but also having relevant fitness attributes, tactical awareness and game understanding.

You will be assessed each term on the character skill & performance strand.



Refer to your knowledge organizer for teaching points, rules and tactics

| Character Skills | |
|------------------|--|
| Character | Qualities |
| Responsibility | <ul style="list-style-type: none"> • Recognise the benefits of planning ahead. • Relate to how it feels to complete a task to the best of your ability. • Demonstrate a positive level of commitment to your teammates. • Identify roles that enable a level of responsibility to be shown. • Organise your own learning. • Interpret instructions and plan appropriately. |
| Integrity | <ul style="list-style-type: none"> • Recognise the importance of setting yourself high standards. • Being able to keep your word and performing to the best of your ability. • Demonstrating consistent behaviour. • Ensuring that principles are put into action within any given task. • Ensuring that principles are put into action within any given task. • Think about decisions by making choices based on values rather than personal gains. • Remain true to peers when working in groups. |
| Resilience | <ul style="list-style-type: none"> • Recognise the importance of displaying willingness to have a go. • Be able to make a conscious effort to persevere when things are difficult. • Know when and how to trial different methods. • Understand at times you need to adapt to different circumstances. • Remain motivated to bounce back from setbacks. • Display a positive attitude to respond constructively to criticism. |
| Respect | <ul style="list-style-type: none"> • Be willing to treat others as you would like to be treated. • Recognise the importance of accepting people's differences. • Understand the impact valuing what other people say and do can have. • Know when to accept it is necessary to agree to disagree. • Congratulate others when they perform better at something than you. • Display sportsmanship and etiquette in all situations. |
| Co-operation | <ul style="list-style-type: none"> • Recognise the benefits of doing as you are asked. • Share your ideas and resources to support your team's development. • Identify when you need to help your teammates and volunteer to support others. • Communicate with peers to ensure you are working towards a shared goal. • Take into consideration others' by putting their interests above your own. • Relate to how it feels to be treated with respect and display respect to others. |
| Aspirations | <ul style="list-style-type: none"> • Recognise the importance of being determined to achieve your best. • Be able to make decisions for yourself. • Ask for advice and take on board information that helps you improve. • Spend extra time practicing and training. • Be willing to take on a range of roles. • Provide full commitment to any given task. |