

Theory coverage –

Advanced skills, decision making & tactical awareness

Benefits of exercise (physical, mental, social)

Body systems (long term effects)

Principles of training (F.I.T.T)

Methods of training (identify, example, justify)

Theory coverage –

Core skills & advanced skills

Components of physical fitness (identify and explain)

Components of health-related fitness (identify and explain)

Exercise intensities (BORG Scale)

Heart rates

Theory coverage –

Core skills

Warming up/cooling down (components & benefits)

Muscles (locations)

Short term effects of exercise

Components of physical fitness (identify & example)

- Further
- Faster
- Stronger
- F.I.T.T.E.R

Finish – End of Key Stage 3 PE

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Year 9

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Year 8

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Year 7 – Start of Key Stage 3 PE

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Year 6 (Prior learning/Taster sessions/Freshers' week/Pre-Assessments)

- Key-**
- Assessment and moderation
 - Athletics
 - Rounders
 - Basketball
 - Fitness
 - Tag Rugby
 - Netball
 - Badminton
 - Endball
 - Football
 - Handball
 - House Games
 - Competitive routeway
 - Traditional routeway
 - Health related exercise routeway
 - Finish
 - Start