

**Theory coverage –**

Advanced skills, decision making & tactical awareness

Muscles (locations & specific application)

Body systems (x4 & long term effects)

Components of fitness (identify, example, testing)

Methods of training (identify, example, justify)

**Theory coverage –**

Core skills & advanced skills

Warming up/cooling down (sport specific)

Muscles (locations)

Body systems (x4 & short term effects)

Components of fitness (identify & example)

Methods of training (identify & example)

**Theory coverage –**

Core skills

Warming up/cooling down (components & benefits)

Muscles (locations)

Body systems (x4 & short term effects)

Components of fitness (identify & example)

Methods of training (identify & example)

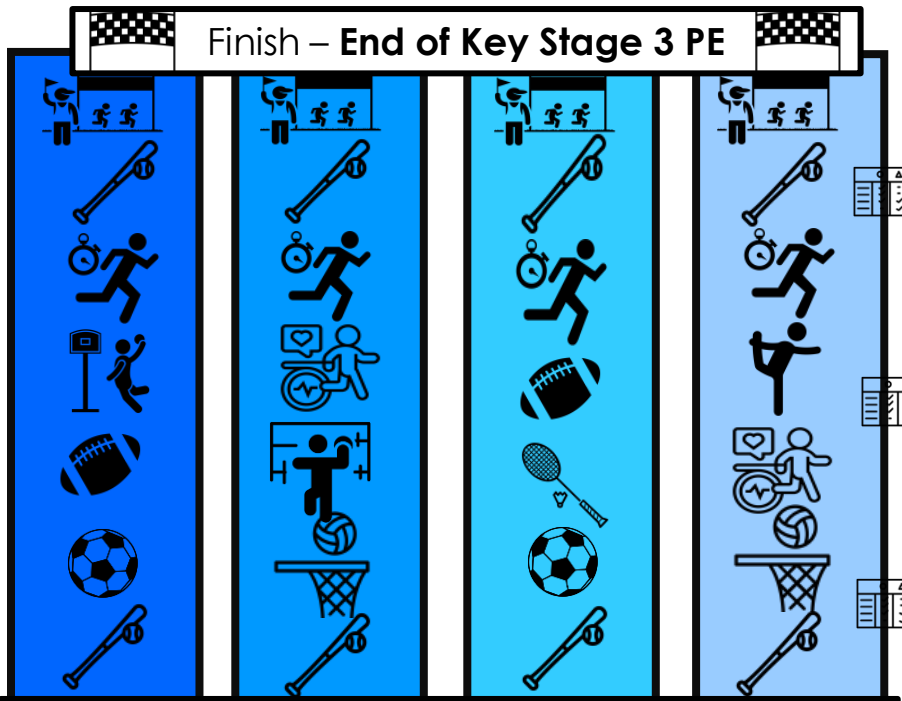
> *Further*

*Faster*

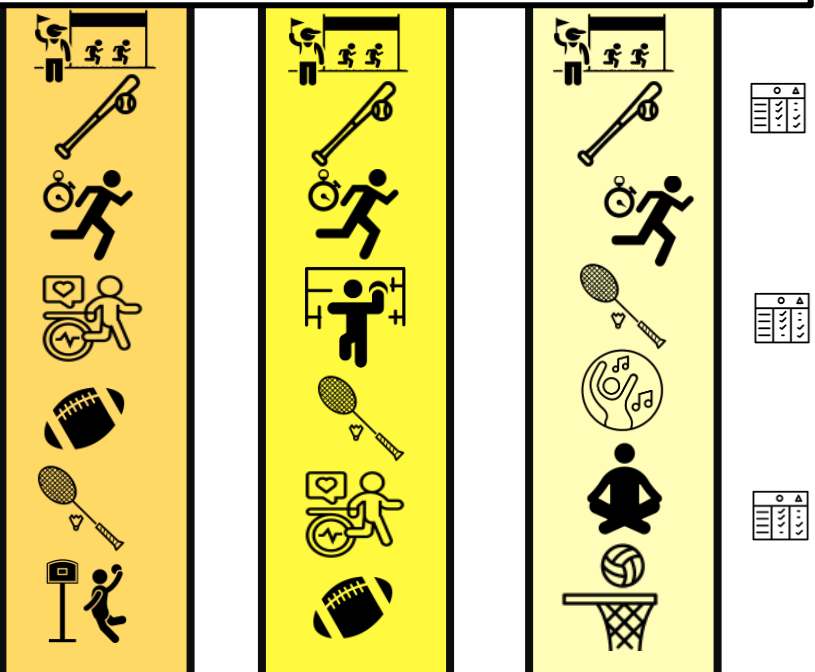
*Stronger*

*F.I.T.T.E.R.*

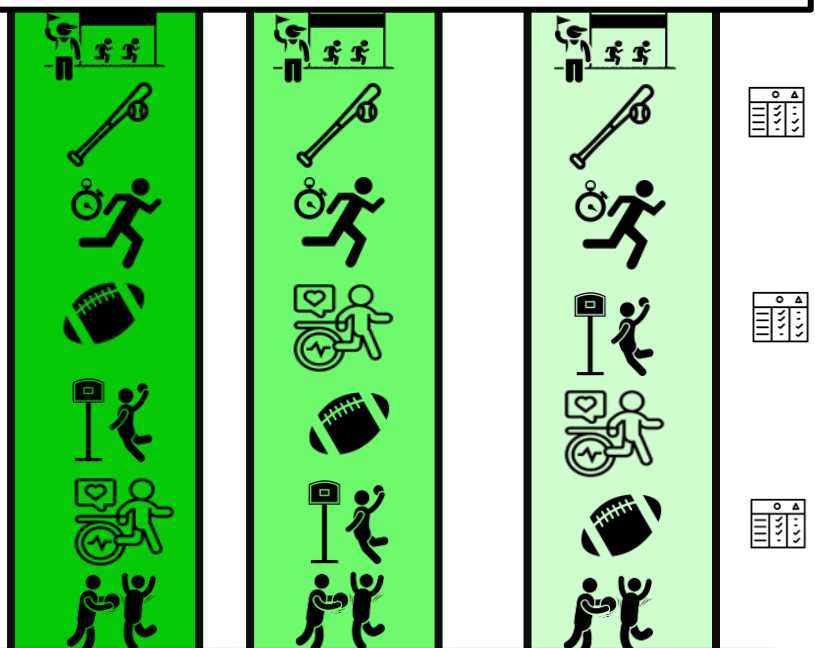
**Finish – End of Key Stage 3 PE**



**Year 9**



**Year 8**



**Year 7 – Start of Key Stage 3 PE**



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

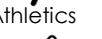
**Key-**



Assessment and moderation



Sports day



Athletics



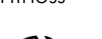
Rounders



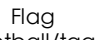
Basketball



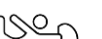
Fitness



Flag football/tag rugby



Gymnastics



Netball



Zumba



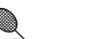
Yoga



Badminton



Endball



Aerobics



Handball



Competitive routeway



Traditional routeway



Health related exercise routeway



Finish



Start