KS3 CORE PE

Y7

MULT-SPORTS

- TEAM BUILDING
- DESCRIBE COMPONENTS OF WARM-UPS
- LEAD 1 COMPONENT OF A WARM UP (WITH SUPPORT)
- BASIC TACTICS

SETTING, FOOTBALL

- COMPONENTS OF FITNESS
- BASIC SKILLS & TECHNIQUES
- TRAINING METHODS

DANCE, GYMNASTICS, NETBALL, RUGBY

- FITNESS TESTING
- TRAINING METHODS
- COMPONENTS OF FITNESS
- DESCRIBE COMPONENTS OF WARM-UPS

TABLE TENNIS, CRICKET, ROUNDERS, ATHLETICS

- LEAD 1 COMPONENT OF A WARM UP (WITHOUT SUPPORT)
- BASIC SKILLS & TECHNIQUES
- BASIC TACTICS
- PAIR COMPONENTS WITH ACTIVITIES

Y8

OAA, FOOTBALL, GYMNASTICS

- TRAINING METHODS
- DEFINITIONS OF COMPONENTS
- DESCRIBE COMPONENTS OF WARM-UPS
- COMPONENTS OF FITNESS

RUGBY, BASKETBALL

- PAIR COMPONENTS WITH ACTIVITIES
- LEAD 2 COMPONENTS OF A WARM UP (WITH SUPPORT)
- BASIC & ADVANCED SKILLS & TECHNIQUES
- BASIC & ADVANCED TACTICS

CRICKET, ATHLETICS

- BASICS & ADVANCED SKILLS & TECHNIQUES
- COMPONENTS OF FITNESS
- FITNESS TESTING
- LINK TEST TO MEASURE

Y9

OAA, FOOTBALL, GYMNASTICS, TABLE TENNIS

- BASICS & ADVANCED TACTICS
- DESCRIBE COMPONENTS OF WARM-UPS
- LEAD 2 COMPONENTS OF A WARM UP (WITH SUPPORT)
- TRAINING METHODS

NETBALL, RUGBY, HRE, BASKETBALL

- PAIR COMPONENTS WITH ACTIVITIES
- DESCRIBE COMPONENTS OF WARM-UPS
- BASIC & ADVANCED TACTICS
- BASIC & ADVANCED SKILLS & TECHNIQUES

ROUNDERS, CRICKET, ATHLETICS

- TRAINING FOR IMPROVEMENT
- COMPONENTS OF FITNESS
- FITNESS TESTING
- LEAD 2 COMPONENTS OF A WARM UP (WITHOUT SUPPORT)

- EXPLAIN COMPONENTS OF WARM-UPS
- LEAD ENTIRE WARM UP (WITH SUPPORT)
- ADVANCED SKILLS & TECHNIQUES
- ADVANCED TACTICS
- COMPONENTS OF FITNESS
- TRAINING METHODS

- COMPONENTS OF FITNESS
- PHYSIOLOGICAL RESPONSES
- ADVANCED SKILLS & TECHNIQUES
- ADVANCED TACTICS

- FITNESS TESTING
- TRAINING METHODS
- LEAD ENTIRE WARM UP (WITH SUPPORT)
- EXPLAIN COMPONENTS OF WARM-UPS

- LEAD ENTIRE WARM UP (WITHOUT SUPPORT)
- COMPONENTS OF FITNESS
- FITNESS TESTING
- ADVANTAGES & DISADVANTAGES

- ADVANCED SKILLS & TECHNIQUES
- ADVANCED TACTICS
- PHYSIOLOGICAL RESPONSES
- TRAINING METHODS

PROGRESS ONTO YEAR 10 - KS4