



- Year 9:**
- Key specific terminology and vocabulary
 - Rules and regulations
 - Development of motor skills
 - Development and understanding of key concepts/skills that be used across different sports
 - How to lead warm ups and cool downs, including stretching of key muscle groups.
 - Develop ability to analyse performance of others and be able to understand areas of weakness and offer constructive teaching/coaching points in order to improve performance.
 - Develop understanding of tactical awareness and effective use of formations to aid performance.
 - Introduce new theoretical topics that will provide a general understanding ahead of GCSEs in both PE and Science.

- Year 8:**
- Key specific terminology and vocabulary
 - Rules and regulations
 - Development of motor skills
 - Development and understanding of key concepts/skills that be used across different sports
 - How to lead warm ups and cool downs, including stretching of key muscle groups.
 - Develop ability to analyse performance and understand areas of weakness.

- Year 7:**
- Key specific terminology and vocabulary
 - Rules and regulations
 - Development of basic fundamental motor skills
 - Development and understanding of key concepts/skills that be used across different sports
 - Importance of warm ups and cool downs.