



- 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.





