

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.

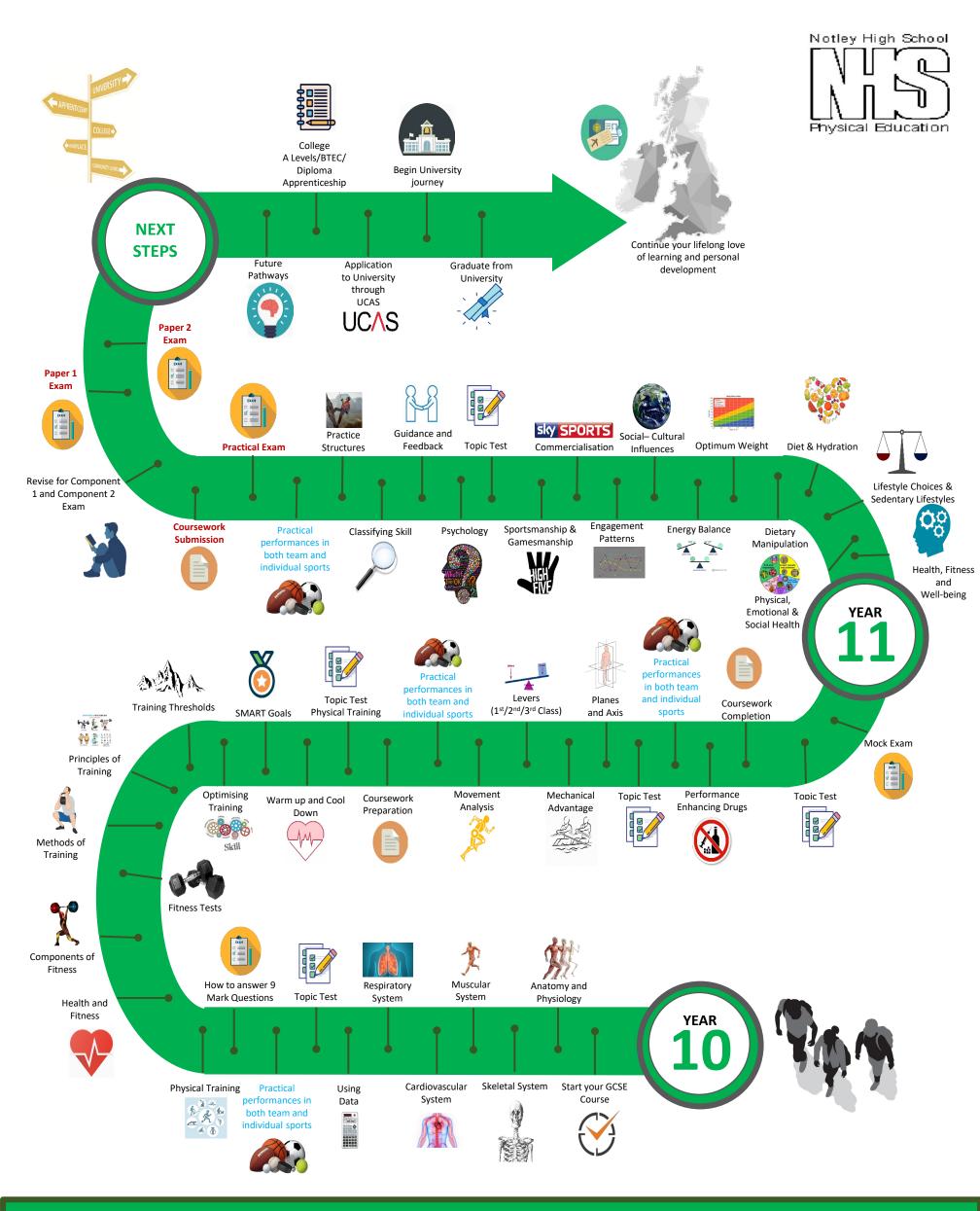
Year 8:

- 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.

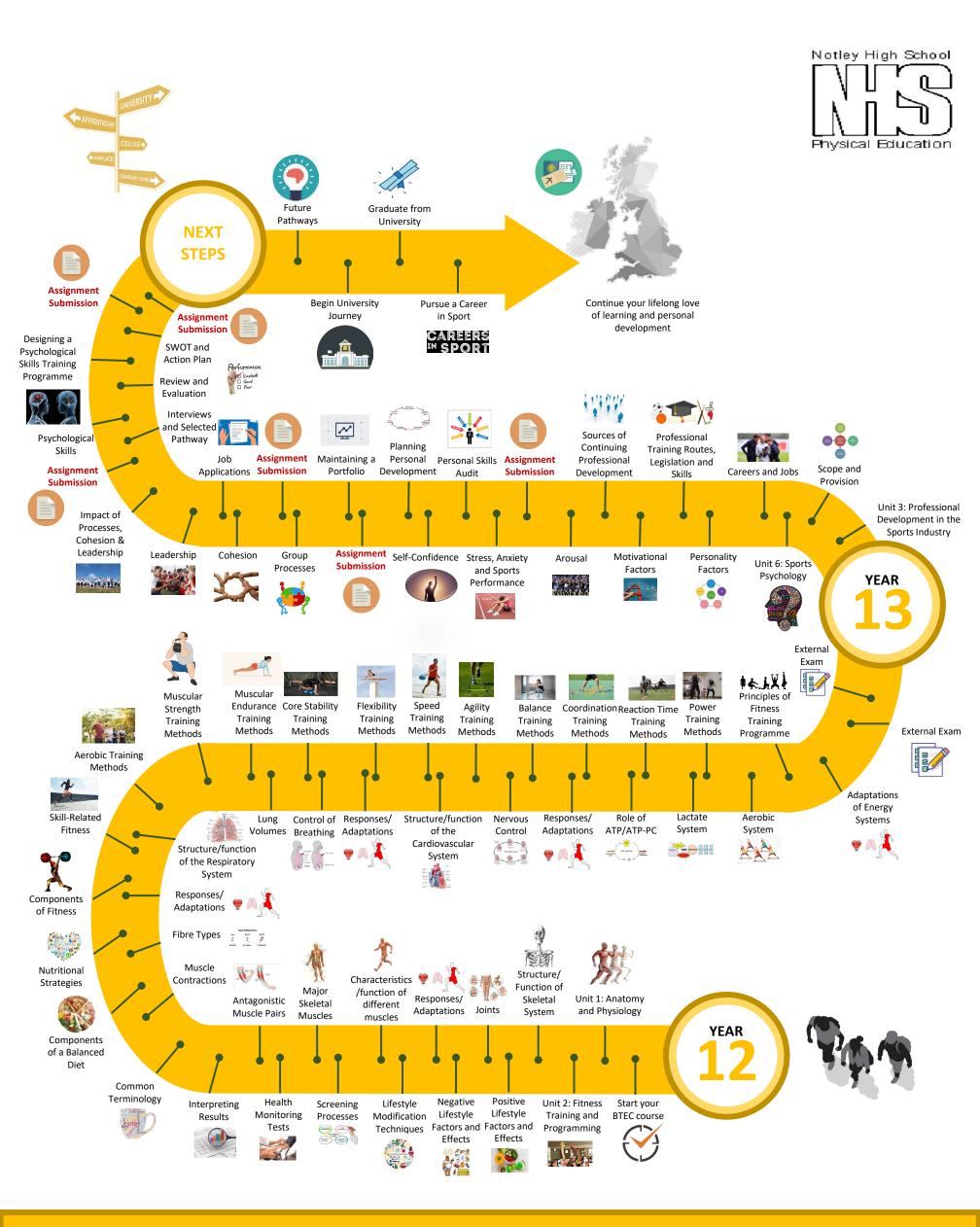
KS3 PRACTICAL



EDEXCEL GCSE PE



Cambridge National in Sports Science Level 2



BTEC LEVEL 3 EXTENDED CERTIFICATE IN SPORT