

### 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)

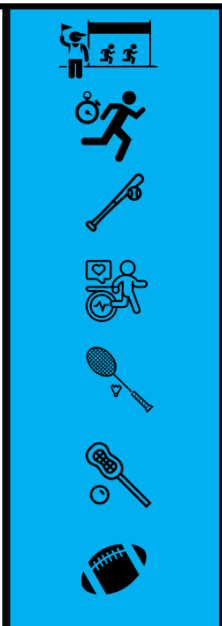
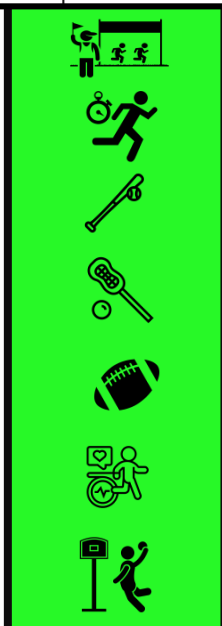
➤ *Further*

 *Faster*

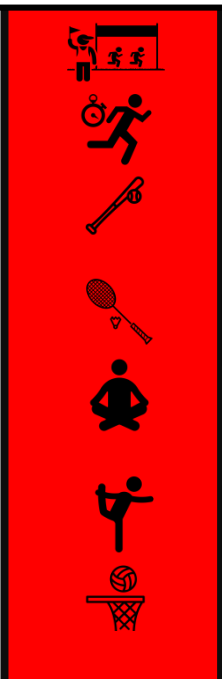
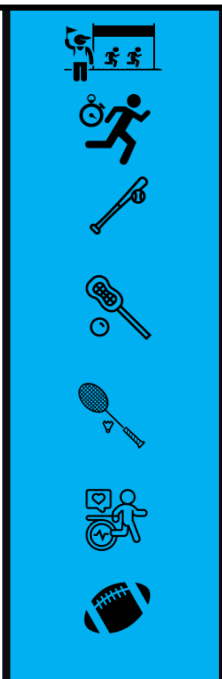
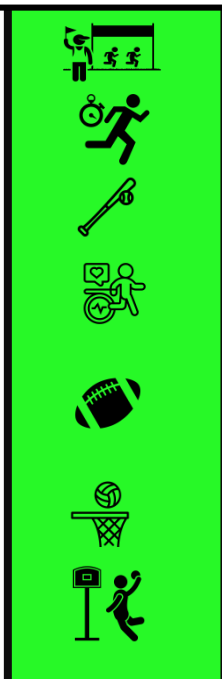
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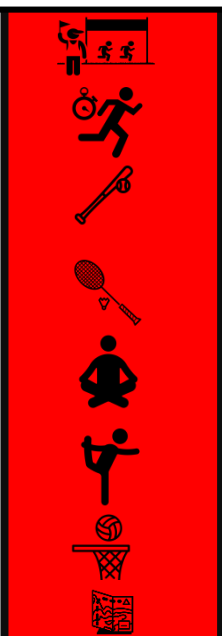
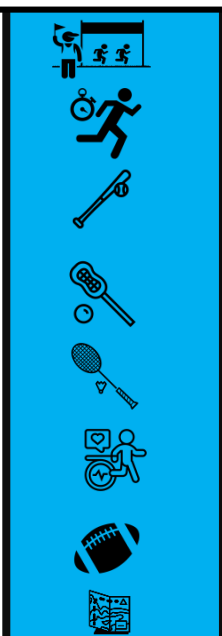
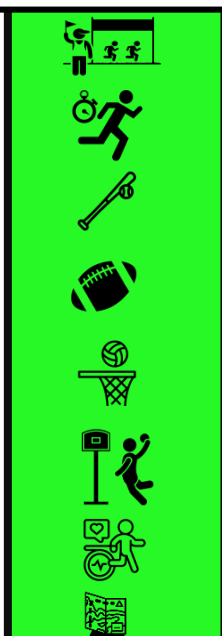
## Finish – End of Key Stage 3 PE



### 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

 Lacrosse

 Netball

 Aerobics

 Yoga

 Badminton

 Orienteering

 Competitive  
routeway

 Traditional  
routeway

 Health  
related  
exercise  
routeway

 Finish

 Start