Rotation	Year 7	Year 8	Year 9
Topics	PE	PE	PE
Studied			
	Learners will develop Motor	Learners will develop Motor	Learners will develop Motor competence by
	competence by improving	competence by improving	improving fundamental movement skills through:
	fundamental movement skills	fundamental movement skills	Term 1
	through:	through:	Netball, Handball, Football and Dance
	Term 1	Term 1	Term 2
	Netball, Basketball, Football and	Netball, Basketball, Football and	Table tennis, Badminton, Rugby, Swimming
	Dance	Dance	Term 3
	Term 2	Term 2	OAA, Cricket, Athletics and rounders
	Table tennis, Badminton, Rugby,	Table tennis, Badminton, Rugby,	
	Swimming	Swimming	SPORT
	Term 3	Term 3	Learners will develop their ability to safely and
	OAA, Cricket, Athletics and	OAA, Cricket, Athletics and rounders	confidently lead warmups and skill practices. They
	rounders		will develop their understanding of what constitutes
		SPORT	excellent sportsmanship.
	SPORT	Learners will develop their ability to	
		communicate effectively in a team	Learners will develop their ability to communicate
	Learners will develop their	sport	accurate feedback using teaching points to improve
	understanding of basic rules,	and provide effective feedback	performance
	strategies and tactics. They will be	Demonstrates understanding of	Learners will demonstrate their understanding of
	able to be led warmups and	rules,	rules and tactics and be confident to
	develop their communication	strategies and tactics in at least one team and individual sport.	umpire/officiate in at least one team and individual
	skills in team and individual	eam and individual	sport.
	sports.	HEALTH	
		neaeth -	HEALTH
	HEALTH	Learners will develop their understanding of	
			Learners will develop their understanding of and -
	Learners develop will develop	The 3 main phases of a warmup	Know the 3 main phases of a warmup
	their understanding of	The Small phases of a warmup	Know some sport-specific activities that can be
	Main phases of a warmup		included in a warm-up and cool-down
			Lead a warm-up and cool-down with a small group

Location of some bones and	General activities that can be	Know the location of some bones and muscles in the
muscles in the legs and arms	included in a warm-up and cool-	legs, arms, core and hands/feet.
The consequences of a sedentary	down	Know some joints and movement possibilities at
lifestyle	The location of some bones and	these joints
The short-term effects and long	muscles in the legs, arms and core	Know the 3 different muscle types
terms of exercise on heart rate	Joints and movement possibilities at	Know the consequences of a sedentary lifestyle
and breathing rate	these joints	Know the short-term effects of exercise on heart
Know 3 different fitness	The consequences of a sedentary	rate and breathing rate and muscles
components and their relevance	lifestyle	Know how the respiratory and cardiovascular system
to the sport.	The short-term effects and long term	work together.
To know 3 different training	of exercise on heart rate and	Know 3 different fitness components and their
methods and application to sport	breathing rate and muscles	relevance to the sport.
To develop some water personal	3 different fitness components and	Know the fitness tests for specific components of
survival skills	their relevance to the sport.	fitness.
To understand the importance of	The fitness tests for specific	Know how a fitness of component can be improved.
following the rules	components of fitness.	To know 5 different training methods
Know the correct energy balance	4 different training methods and	To know why we would choose certain methods of
to maintain a healthy weight	application to sport	training over another and any disadvantages to
To know the recommended	To know why we would choose	certain types.
activity level for their age group.	certain methods of training over	To develop some water personal survival skills
To know what that the cardio-	another.	To understand the importance of following the rules
vascular system is the transport	Water personal survival skills	and checking the playing area/equipment
system for oxygen, carbon dioxide	The importance of following the	To know the importance of hydration and nutrition
and nutrients	rules and checking the playing	Know the correct energy balance to maintain a
To know the difference between	area/equipment	healthy weight.
veins and arteries	The importance of hydration	To know the recommended activity level for that age
To know the difference between	The correct energy balance to	group.
aerobic and anaerobic exercise	maintain a healthy weight.	To know the effect of drugs and alcohol
and a biproduct of each	The recommended activity level for	To know the impact of fitness/exercise on physical
Know the different nutrients that	that age group.	and mental health
make up a balanced diet	The effect of drugs and alcohol	
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	Know the role of carbohydrates in	The cardio-vascular system is the	To know what that the cardio-vascular system is the		
	sport	transport system for oxygen, carbon	transport system for oxygen, carbon dioxide and		
	Know the thresholds of training	dioxide and nutrients	nutrients		
	using the Karvonen formula	To know the difference between	To know the difference between veins and arteries		
	Know some user groups that may	veins and arteries	To know what red blood cells do and what white		
	face barriers to participation	To know what red blood cells do and	blood cells do		
		what white blood cells do	To know what methods are used to redistribute		
	CHARACTER	To know the difference between	blood		
		aerobic and anaerobic exercise	To be know the scientific formulas for anaerobic and		
	Learners will use sport as a	Know the energy sources for each	aerobic		
	vehicle to develop their character	Know the role of carbohydrates,	To be able to link each energy system to different		
	qualities.	proteins and fats in sport	athletic events		
		Know the thresholds of training	Know what carbo loading is		
		using the Karvonen formula	Know what timing of protein intake is		
		Know the FITT principle and how it	Know the thresholds of training using the Karvonen		
		can be applied	formula and link to training types		
		Know some solutions to those	Know the FITT principle and how it can be applied		
		barriers such as national campaigns	Know individual needs when planning training		
			To understand how to access sports and physical		
		CHARACTER	activities in the local area		
		Learners will use sport as a vehicle to	CHARACTER		
		develop their character qualities.	Learners will use sport as a vehicle to develop their		
			character qualities.		
Links for	Following of our WHS PE department Twitter for participation in sports challenges				
Support/	Building upon interests that form throughout the topics studied by practising more at home				
Help at	Joining local teams within a set sport(s)				
Home	Ensuring correct kit is brought to school Use of YouTube tutorials for further practice on skills covered Participation within national competitions promoted by the PE Department via social media/posters				
	Participating in enrichment opportunities and clubs at lunch and after school				