

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

	<p>Location of some bones and muscles in the legs and arms</p> <p>The consequences of a sedentary lifestyle</p> <p>The short-term effects and long terms of exercise on heart rate and breathing rate</p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>To know 3 different training methods and application to sport</p> <p>To develop some water personal survival skills</p> <p>To understand the importance of following the rules</p> <p>Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for their age group.</p> <p>To know what that the cardiovascular system is the transport system for oxygen, carbon dioxide and nutrients</p> <p>To know the difference between veins and arteries</p> <p>To know the difference between aerobic and anaerobic exercise and a byproduct of each</p> <p>Know the different nutrients that make up a balanced diet</p>	<p>General activities that can be included in a warm-up and cool-down</p> <p>The location of some bones and muscles in the legs, arms and core</p> <p>Joints and movement possibilities at these joints</p> <p>The consequences of a sedentary lifestyle</p> <p>The short-term effects and long term of exercise on heart rate and breathing rate and muscles</p> <p>3 different fitness components and their relevance to the sport.</p> <p>The fitness tests for specific components of fitness.</p> <p>4 different training methods and application to sport</p> <p>To know why we would choose certain methods of training over another.</p> <p>Water personal survival skills</p> <p>The importance of following the rules and checking the playing area/equipment</p> <p>The importance of hydration</p> <p>The correct energy balance to maintain a healthy weight.</p> <p>The recommended activity level for that age group.</p> <p>The effect of drugs and alcohol</p>	<p>Know the location of some bones and muscles in the legs, arms, core and hands/feet.</p> <p>Know some joints and movement possibilities at these joints</p> <p>Know the 3 different muscle types</p> <p>Know the consequences of a sedentary lifestyle</p> <p>Know the short-term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together.</p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved.</p> <p>To know 5 different training methods</p> <p>To know why we would choose certain methods of training over another and any disadvantages to certain types.</p> <p>To develop some water personal survival skills</p> <p>To understand the importance of following the rules and checking the playing area/equipment</p> <p>To know the importance of hydration and nutrition</p> <p>Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p>
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<p>Links for Support/ Help at Home</p>	<p>Following of our WHS PE department Twitter for participation in sports challenges Building upon interests that form throughout the topics studied by practising more at home Joining local teams within a set sport(s) 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</p>		

