

Year: 7		Term: Autumn			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Warm up and cool downs	<p>What is the purpose of a warm up?</p> <p>What is the purpose of a cool down?</p> <p>What are the phases and activities of a warm up?</p> <p>What are the phases of a cool down?</p>		Science	Page 3
	Performance and technical skills				Page 3

Subject: PE

Year: 7		Term: Spring			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Components of fitness	Cardiovascular fitness (aerobic endurance) Strength Muscular endurance Flexibility Agility Balance Coordination Reaction time Speed Power What is fitness?		Science Maths	Page 4
	Choreographic devices				Page 4

Subject: PE

Year: 7 Term: Summer					
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Fitness testing	Why do we perform fitness tests? What are the fitness tests for specific components of fitness?		Science	Page 5
	Interpretive performance skills				Page 5

Year: 8		Term: Autumn			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Muscles	<p>What are the 3 types of muscle groups?</p> <p>What are the 12 muscles important to the GCSE examination?</p> <p>What are antagonistic pairs and where are they found?</p> <p>What is lactic acid?</p>	General parts of the body	Science	Page 6
	Advanced Skills				

Subject: PE

Year: 8		Term: Spring			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Methods of training	Continuous training Interval training Fartlek training Circuit training Weight/resistance training	What is training	Science	Page 7
	Choreographic Process				

Subject: PE

Year: 8		Term: Summer			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Bones	What are the functions of the skeletal system? Types of bone Locations of bones	General parts of the body	Science	Page 8
	Performance skills in actions				

Subject: PE

Year: 9		Term: Autumn			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
GCSE					

Year: 9		Term: Spring			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
GCSE					

Subject: PE

Year: 9		Term: Summer			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
GCSE					

Year: 10		Term: Autumn			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
BTEC	Principles of training	<p>What are the principles of training?</p> <p>How are the principles of fitness used in training programmes?</p>			
	Methods of training	<p>Warm up and cool down</p> <p>Flexibility training</p>			

Subject: PE

		<p>Strength training</p> <p>Muscular endurance training</p> <p>Power training</p> <p>Speed training</p> <p>Aerobic endurance training</p>			
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Year: 10		Term: Spring			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
	Components of fitness	<p>Physical Fitness</p> <p>Skill Related Fitness</p> <p>Determining Exercise Intensity</p> <p>Training zones</p>			
	Fitness testing	<p>Why do we perform fitness tests?</p> <p>How to perform fitness tests?</p>			

Subject: PE

		What component of fitness does each test test?			
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Year: 10 Term: Summer					
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet
GCSE					

Year: 11 Term: Autumn					
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet

Subject: PE

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Year: 11		Term: Spring			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet

Subject: PE

Year: 11		Term: Summer			
Subject	Topic	Key Knowledge	Links to prior learning	Wider curriculum connections	Knowledge booklet / Quizlet