#### **Year 7: Year Overview**



Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Gymnastics (Girls)	Fitness
Skills	Basic skills	Basic skills	Basic skills	Basic skills	Basic skills	Basic skills	Basic skills
	<ul> <li>Passing</li> <li>Receiving</li> <li>Dribbling</li> <li>Shooting</li> <li>Defending</li> <li>Attacking</li> <li>Outwitting opponent</li> <li>Leadership</li> </ul>	<ul> <li>Passing</li> <li>Footwork</li> <li>Obstruction/cont act</li> <li>Defending</li> <li>Attacking</li> <li>Positions</li> <li>Outwitting opponent</li> <li>Leadership</li> </ul>	<ul> <li>Grip</li> <li>Dribbling</li> <li>Passing</li> <li>Receiving</li> <li>Dribbling</li> <li>Shooting</li> <li>Attacking</li> <li>Defending</li> <li>Outwitting opponent</li> <li>Leadership</li> </ul>	<ul> <li>Handling</li> <li>Carrying</li> <li>Passing</li> <li>Receiving</li> <li>Tackling</li> <li>Outwitting opponent</li> <li>Attacking</li> <li>Defending</li> <li>Kicking</li> <li>Leadership</li> </ul>	<ul> <li>Passing</li> <li>Receiving</li> <li>Dribbling</li> <li>Shooting</li> <li>Attacking</li> <li>Defending</li> <li>Outwitting opponent</li> <li>Leadership</li> </ul>	<ul> <li>Locomotion</li> <li>Rolls</li> <li>Putting weight on hands</li> <li>Rotation</li> <li>Basic flight</li> <li>Balances</li> <li>Leadership</li> <li>Routines</li> </ul>	<ul> <li>Fitness Tests</li> <li>Training Methods</li> <li>Components of Fitness</li> <li>FITTA</li> </ul>
Knowledge	Practical	Practical	Practical	Practical	Practical	Practical	Practical
	Identify correct ways to pass, receive, dribble and shoot the ball in	Identify correct ways to pass, receive, and use footwork and the use of obstruction in Netball.	Identify correct ways to pass, receive, grip the stick, dribble and shoot in Hockey.	Identify correct ways to pass, receive, carry the ball and kick the ball in Rugby.	Identify correct ways to pass, receive, dribble and shoot the ball in Handball.	Identify ways to move around the space. How to apply weight to hands.	Identify fitness tests and carry them out correctly.
	Football.  When to select the right type of pass, shot and why?	When to select the right type of pass and why?  Tactical awareness of	When to select the right type of pass/shot and why?	When to select the right type of pass, kick, run and why?	When to select the right type of pass, shot and why?	How to apply aesthetics, body tension, extension, flow and stillness.	Perform different training methods with success.  Identify components
	Tactical awareness of when to attack	when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Tactical awareness of when to attack and defend.	Theory	of fitness and which test, method and sport they link to.
	and defend.  Theory	Theory  Identify benefits of	Theory	Theory	Theory	Identify benefits of warming up and cooling down	Understand the term FITTA and apply it to
		warming up and cooling down	Identify benefits of warming up and cooling down	Identify benefits of warming up and cooling down	Identify benefits of warming up and cooling down	Names and locations of muscles and bones Identify short term effects of exercise	practical sessions.

	Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Understand sportsmanship and gamesmanship	Know what healthy active life-styles are and why they are important.  Theory  Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short-term effects of exercise. Understand sportsmanship and gamesmanship
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment
Face Value	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard	Teacher assessment (every half term) Work hard
Ecco Values / SMSC /	Work nard	Work naru	Work nard	Work naru	Work naru	WORK Hard	Work nard
Cultural Capital	Working independently and	Working independently and engaged in learning	Working independently and engaged in learning	Working independently and	Working independently and	Working independently and	Working independently and
Links	engaged in learning new skills.	new skills.	new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.
	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and give constructive
	feedback.	Show GRIT	Show GRIT	feedback.	feedback.	feedback.	feedback.
	Show GRIT  Building confidence to learn new skills	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Show GRIT	Show GRIT	Show GRIT	Show GRIT

	and tackle	Aim High	Aim High	Building confidence to	Building confidence to	Building confidence to	Building confidence to
	challenges.			learn new skills and	learn new skills and	learn new skills and	learn new skills and
	Challeriges.						
		Developing the right	Developing the right	tackle challenges.	tackle challenges.	tackle challenges.	tackle challenges.
	Aim High	attitudes to succeed	attitudes to succeed				
		when a skill may be	when a skill may be	Aim High	Aim High	Aim High	Aim High
	Developing the right	challenging.	challenging.				
	attitudes to succeed			Developing the right	Developing the right	Developing the right	Developing the right
	when a skill may be			attitudes to succeed	attitudes to succeed	attitudes to succeed	attitudes to succeed
	challenging.			when a skill may be	when a skill may be	when a skill may be	when a skill may be
	chancingingi			challenging.	challenging.	challenging.	challenging.
Liboup out /	Key terminology of	Key terminology of the	Key terminology of the	Key terminology of	Key terminology of	Key terminology of	Key terminology of
Literacy /	the components of	components of a Warm-	components of a Warm-	the components of a	the components of a	the components of a	the components of a
Numeracy	a Warm-Up and	Up and Cool-Down.	Up and Cool-Down.	Warm-Up and Cool-	Warm-Up and Cool-	Warm-Up and Cool-	Warm-Up and Cool-
Links	Cool-Down, Names	Names of muscles and	Names of muscles and	Down. Names of	Down. Names of	Down. Names of	Down. Names of
	of muscles and	bones. Key words used to	bones. Key words used to	muscles and bones.	muscles and bones.	muscles and bones.	muscles and bones.
	bones. Key words	describe short-term	describe short-term	Key words used to	Key words used to	Key words used to	Key words used to
	used to describe	effects.	effects.	describe short-term	describe short-term	describe short-term	describe short-term
	short-term effects.			effects.	effects.	effects.	effects.
		Key words used:	Key words used:				
	Key words used:	Footwork	dribbling	Key words used in	Key words used:	Key words used:	Key words used:
	Passing	Contact	grip	Rugby i.e. Side tackle,	defence	aesthetics	Components of
	Beating an	Obstruction	passing	flat pass, punt, width,	dribbling	body tension	fitness
	opponent	Positions	scoring	diagonal/straight	offence	control	Methods of training
	Moving with the ball	Attacking	tackling	lines.	passing	extension	Continuous training
	Receiving	Defending			receiving	flexion	Fartlek training
	Defending		Scoring your own games.	Scoring your own	shooting	flow	Interval training
	Attacking			games.		stillness	Circuit training
	Dribbling	Scoring your own games.			Scoring your own	travel	Flexibility training
	Shooting				games.		Fitness tests
					35301	Counting rhythm in	FITTA
	Scoring your own					routine. Scoring of	
	games.					skills.	Counting reps, score,
							time, measuring.

#### **Year 7: Year Overview**



Unit of Learning	Badminton	Dance	Table Tennis (Boys)	Rounders	Cricket	Tennis	Athletics
Skills	Serving     Overhead clear     Drop shot     Net shot     Smash     Rules     Leadership	<ul> <li>Dance actions</li> <li>Choreography</li> <li>Cannon</li> <li>Dynamics</li> <li>Styles</li> <li>Matching</li> <li>Mirroring</li> <li>Levels</li> <li>Leadership</li> </ul>	Grip     Ball     familiarisation     Rallying     Umpiring     Serving     Forehand     Push     Backhand     Push     Spin     Leadership	Throwing     Catching     Batting     Bowling     Fielding skills     Game based tactics     Rules     Leadership	Catching     Fielding skills     Bowling     Batting     Throwing     Game based tactics     Rules     Leadership	Serve     Ball familiarisation     Forehand     Backhand     Volleys     Lob     Rules     Leadership	Sprinting     Jumping     Throwing     Middle     distance     Relay
Knowledge	Practical	Practical	Practical	Practical	Practical	Practical	Practical
	Identify correct technique to perform serve, clear, net shots in Badminton.  When to select the right type of shot and why?  Tactical awareness of when to attack and defend.  Theory	Identify ways to move around the space. How to apply cannon, mirroring, matching, levels and dynamics to a dance routine.  How to apply aesthetics, body tension, extension, flow and stillness.  Theory  Identify benefits of warming up and cooling down	Identify correct technique to perform serve, push, and spin in Table Tennis.  When to select the right type of shot and why?  Tactical awareness of when to attack and defend.  Theory	Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Rounders.  When to select the correct type of throw/catch and why?  Tactical awareness of where to stand in the field.	Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Cricket.  When to select the correct type of throw/catch and why?  Tactical awareness of where to stand in the field.	Identify correct technique to perform serve, groundstrokes, volleys and lob in Tennis.  When to select the right type of shot and why?  Tactical awareness of when to attack and defend.	Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.  Know the correct components of fitness for each type of activity.  Tactical awareness to outwit opponents.

	Identify benefits of	Names and locations of	Identify benefits of	Theory	Theory	Theory	Theory
	warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship	Identify benefits of warming up and cooling down Names and locations of muscles and bones Identify short term effects of exercise Understand sportsmanship and gamesmanship
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment
	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)
Ecco Values	Work hard	Work hard	Work hard	Work hard	Work hard	Work hard	Work hard
/ SMSC / Cultural Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.  Show GRIT	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Building confidence to	Show GRIT	Show GRIT	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.
		Developing the right attitudes to succeed					

Aim High  Developing the right attitudes to succeed when a skill may be challenging.		Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links  Key terminology the components a Warm-Up and Cool-Down. Nan of muscles and bones. Key word used to describe short-term effect Key words used. Serving Overhead clear Drop shot Net shot Smash Doubles Singles  Scoring your ow games.	of components of a Warm-Up and Cool- nes Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used: Dance actions Choreography Canon Dynamics Line dancing Bollywood Haka Matching	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used: backhand forehand rally safety serving spin  Scoring your own games.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Rounders i.e. back hit, out, rounder, 1/2 rounder, no ball, bases.  Scoring your own games.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Cricket i.e. wicket, out, six, four, no ball, runs.  Scoring your own games.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Tennis i.e. Volley, lob, serve, forehand, backhand.  Scoring your own games.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Athletics i.e. Event name, names of components of fitness.  Timing, flash scoring, measuring.





#### **Year 8: Year Overview**



Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Gymnastics (boys) Gymnastics (Girls)	Fitness
Skills	Skills from Y7 will be re-called, embedded and developed i.e. using both feet, different parts of the body to control.  Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership	Skills from Y7 will be re-called, embedded and developed i.e. catching the ball on the run, pivoting, marking without the ball.  Passing Footwork Obstructio n/contact Defending Attacking Positions Outwitting opponent Leadership	Skills from Y7 will be re-called, embedded and developed i.e. hit pass, reverse stick dribble, jab tackle.  Grip Dribbling Passing Receiving Dribbling Shooting Attacking Defending Outwitting opponent Leadership	Skills from Y7 will be re-called, embedded and developed i.e. introducing different types of kicks, passing over distance, charge tackle.  • Handling • Carrying • Passing • Receiving • Tackling • Outwitting opponent • Attacking • Defending • Kicking • Leadership	Skills from Y7 will be re-called, embedded and developed i.e. using both hands, jump shot, dribble with both hands.  Passing Receiving Dribbling Shooting Attacking Defending Outwitting opponent Leadership	Core skills  Locomotion Rolls Putting weight on hands Rotation Basic flight Balances Leadership Routines  Girls  Skills from Y7 Gymnastics will be re-called, embedded and developed i.e. floor routines, aesthetics, body tension, taking weight on hands.  Hurdle step Dive roll Fly spring Vaulting	Core Skills  Skills from Y7 Fitness will be re-called, embedded and developed i.e. Fitness tests, training methods, components of fitness, FITTA.  • Principles of training • Leadership • Creativity
Knowledge	Practical	Practical	Practical	Practical	Practical	Practical	Practical
	Identify correct ways to pass, receive, dribble and shoot the ball in Football.	Identify correct ways to pass, receive, and use footwork and the	Identify correct ways to pass, receive, grip the stick, dribble and shoot in Hockey.	Identify correct ways to pass, receive, carry the ball and kick the ball in Rugby.	Identify correct ways to pass, receive, dribble and shoot the ball in Handball.	Identify ways to move around the space. How to apply weight to hands.	Explain fitness tests and carry them out correctly.  Perform different training methods with success.

					- · · ·	I	le i · · · · ·
	Explain why each	use of obstruction in	Explain why each	Explain why each	Explain why each	How to apply aesthetics,	Explain components of
	skill is used in	Netball.	skill is used in	skill is used in	skill is used in different situations	body tension, extension, flow and stillness.	fitness and which test,
	different situations		different situations	different situations		now and suimess.	method and sport they link to.
	in the game and how it can be used	Explain why each	in the game and how it can be used	in the game and how it can be used	in the game and how it can be used		link to.
	to beat an	skill is used in	to beat an	to beat an	to beat an	Identify different ways	
	opponent.	different situations	opponent.	opponent.	opponent.	flight can be used and	Explain the term FITTA
	орропенс.	in the game and	орропенс.	орропена.	орропен.	master vaulting.	and apply it to practical
	\\/\bankarakarakarakarakarakarakarakarakaraka	how it can be used	\\/\bar\\	\\/\ \_\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	When to select the		sessions.
	When to select the	to beat an	When to select the	When to select the		Explain what makes a good	
	right type of skill and why?	opponent.	right type of skill and why?	right type of skill and why?	right type of skill and why?	performance/routine.	Explain different types of
	and wily:		and why:	and wily:	and why:		training methods
		When to select the				Theory	
	Tactical awareness	right type of skill	Tactical awareness	Tactical awareness	Tactical awareness		Identify and explain the
	of when to attack	and why?	of when to attack	of when to attack	of when to attack	Explain benefits of	principles of training.
	and defend.		and defend.	and defend	and defend.	warming up and cooling	
		Tactical awareness				down.	Theory
	Theory	of when to attack	Theory	Theory	Theory		
		and defend.				Names and locations of	Explain benefits of
	Explain benefits of		Explain benefits of	Explain benefits of	Explain benefits of	muscles and bones.	warming up and cooling
	warming up and	Theory	warming up and	warming up and	warming up and		down.
	cooling down.		cooling down.	cooling down.	cooling down.	Explain short term effects	
		Explain benefits of				of exercise.	Names and locations of
	Names and	warming up and	Names and	Names and	Names and		muscles and bones.
	locations of muscles	cooling down.	locations of muscles	locations of muscles	locations of muscles	Explain sportsmanship and	
	and bones.		and bones.	and bones.	and bones.	gamesmanship.	Explain short term effects
		Names and				gamesmansmp.	of exercise.
	Explain short term	locations of muscles	Explain short term	Explain short term	Explain short term		or exercise.
	effects of exercise.	and bones.	effects of exercise.	effects of exercise.	effects of exercise.		Explain sportsmanship
							and gamesmanship.
	Explain	Explain short term	Explain	Explain	Explain		ana gamesmansmp.
	sportsmanship and	effects of exercise.	sportsmanship and	sportsmanship and	sportsmanship and		
	gamesmanship.		gamesmanship.	gamesmanship.	gamesmanship.		
		Explain					
		sportsmanship and					
		gamesmanship.					
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment
	Teacher assessment	Teacher assessment	Teacher assessment	Teacher assessment	Teacher assessment	Teacher assessment (every	Teacher assessment
	(every half term)	(every half term)	(every half term)	(every half term)	(every half term)	half term)	(every half term)
	(C.C.) Hall Collin	(Croir Hair Certif)	(Creif Hair term)	(Croi) Hair termij	(Creif Hair terrif		(C.C.) Hall collin)

Ecco Values	Work hard	Work hard	Work hard				
	WORKHAIU	WORK Haru	WORK Hard	WORK Hard	WORK Hard	Work hard	WORK HAIG
/ SMSC / Cultural Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind	Be Kind	Be Kind				
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.  Show GRIT	Support one another, learning how to praise and give constructive feedback.  Show GRIT
	Show GRIT	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and				
	Building confidence to learn new skills and tackle challenges.	Aim High  Developing the right	tackle challenges.  Aim High				
	Aim High	attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be				
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.		challenging.
Literacy / Numeracy Links	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used:	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.
	Key words used: Passing Blocking Jockeying Receiving Defending	Key words used: Footwork Contact Obstruction Positions Attacking	Key words used: Grip Passing Dribbling Scoring Tackling	Key words used in Rugby i.e. Side tackle, flat pass, punt, width, diagonal/straight lines.	Key words used: Passing Receiving Dribbling Shooting Offence	Aesthetics Travel Stillness Extension Flexion Flow Body tension	Key words used: Components of fitness Methods of training Continuous training Fartlek training Interval training Circuit training

Attacking	Defending	Outwit an		Defence	Control	Flexibility training
Dribbling		opponent	Scoring your own	Tactics	Locomotion	Fitness tests
Shooting	Scoring your own		games.		Flight	FITTA
Control	games.	Scoring your own		Scoring your own	Hurdle step	Principles of training
Tactics		games.		games.	Dive roll	
					Fly spring	Counting reps, score,
Scoring your own					Vaulting	time, measuring.
games.						
-					Counting rhythm in	
					routine. Scoring of skills.	

# SCHOOL



#### **Year 8: Year Overview**

Unit of Learning	Badminton	Dance (Girls)	Table Tennis (Boys)	Rounders	Cricket	Tennis	Athletics
Skills	Core Skills	Core Skills	Core Skills	Core Skills	Core Skills	Core Skills	Core Skills
	Skills from Y7 will be re-called, embedded and developed i.e. high serve, skills performed from back of court, flick shots.  Serving Overhead clear Drop shot Net shot Smash Rules Leadership	Skills from Y7 will be recalled, embedded and developed i.e. contact, creativity, solo's.  Dance actions Choreography Cannon Dynamics Styles Matching Mirroring Levels Leadership	Skills from Y7 will be re-called, embedded and developed i.e. types of spin, flicks, loop.   Grip Ball familiarisation Rallying Umpiring Serving Forehand Push Backhand Push Spin Leadership	Skills from Y7 will be re-called, embedded and developed i.e. types of bowling, triangle, backstop tactics.  Throwing Catching Batting Bowling Fielding skills Game based tactics Rules Leadership	Skills from Y7 will be re-called, embedded and developed i.e. different types of shots, bowling action, fielding techniques.  • Catching • Fielding skills • Bowling • Batting • Throwing • Game based tactics • Rules • Leadership	Skills from Y7 will be re-called, embedded and developed i.e. one hand backhand, overarm serve, spin.  Serve Ball familiarisation Forehand Backhand Volleys Lob Rules Leadership	Skills from Y7 will be re-called, embedded and developed i.e. develop technique; develop preparation stage and performance stage.  Sprinting Jumping Throwing Middle distance Relay
Knowledge	Practical	Practical	Practical	Practical	Practical	Practical	Practical
	Identify correct technique to perform serve, clear, net shots in Badminton.  Explain why each skill is used in different situations in the game and how it can	Identify ways to move around the space. How to apply cannon, mirroring, matching, levels and dynamics to a dance routine.	Identify correct technique to perform serve, push, and spin in Table Tennis.  Explain why each skill is used in different situations in the game and how it can be	Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Rounders.  Explain why each skill is used in	Identify correct technique to perform throwing, catching, fielding skills, batting and bowling in Cricket.  Explain why each skill is used in different situations	Identify correct technique to perform serve, groundstrokes, volleys and lob in Tennis.  Explain why each skill is used in different situations in the game and how it can be	Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.  Know the correct components of fitness for each type of activity and

	be used to beat an opponent.	Explain why stimulus is used to help develop choreography.	used to beat an opponent.	different situations in the game and how it can be used	in the game and how it can be used to beat an	used to beat an opponent.	explain why they are needed.
	When to select the right type of skill and why?	Why to apply aesthetics, body tension, extension,	When to select the right type of skill and why?	to beat an opponent.	opponent.  When to select the	When to select the right type of skill and why?	Tactical awareness to outwit opponents.
	Tactical awareness of when to attack and	flow and stillness.  Theory	Tactical awareness of when to attack and	When to select the right type of skill and why?	right type of skill and why?	Tactical awareness of when to attack and	Theory  Explain benefits of
	defend.  Theory	Explain benefits of warming up and cooling down.	defend. Theory	Tactical awareness of where to stand in the field.	Tactical awareness of where to stand in the field.	defend.  Theory	warming up and cooling down.  Names and locations
	Explain benefits of warming up and cooling down.	Names and locations of muscles and bones.	Explain benefits of warming up and cooling down.	Theory	Theory  Explain benefits of	Explain benefits of warming up and cooling down.	of muscles and bones.
	Names and locations of muscles and	Explain short term effects of exercise.	Names and locations of muscles and bones.	Explain benefits of warming up and cooling down.	warming up and cooling down.	Names and locations of muscles and bones.	Explain short term effects of exercise.
	bones.  Explain short term  effects of exercise.	Explain sportsmanship and gamesmanship.	Explain short term effects of exercise.	Names and locations of muscles and bones.	Names and locations of muscles and bones.	Explain short term effects of exercise.	Explain sportsmanship and gamesmanship.
	Explain sportsmanship and		Explain sportsmanship and gamesmanship.	Explain short term effects of exercise.	Explain short term effects of exercise.	Explain sportsmanship and gamesmanship.	
	gamesmanship.			Explain sportsmanship and gamesmanship.	Explain sportsmanship and gamesmanship.		
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment
	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)
Ecco Values	Work hard	Work hard	Work hard	Work hard	Work hard	Work hard	Work hard
/ SMSC / Cultural Capital Links	Working independently and	Working independently and engaged in learning new skills.	Working independently and	Working independently and	Working independently and	Working independently and	Working independently and

	engaged in learning	Be Kind	engaged in learning	engaged in learning	engaged in learning	engaged in learning	engaged in learning
	new skills.	20 1	new skills.	new skills.	new skills.	new skills.	new skills.
		Support one another,					
	Be Kind	learning how to praise and give constructive feedback.	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give	Show GRIT	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and	Support one another, learning how to praise and	Support one another, learning how to praise and give constructive	Support one another, learning how to praise and give
	constructive feedback.	Building confidence to learn new skills and tackle challenges.	feedback.  Show GRIT	give constructive feedback.	give constructive feedback.	feedback. Show GRIT	constructive feedback.
	Show GRIT	challenges.	Show GRIT	Show GRIT	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.
	Aim High		Developing the right	Aim High	Aim High	Developing the right	Aim High
	Developing the right attitudes to succeed when a skill may be challenging.		attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key terminology of the components of a Warm-Up and Cool- Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used: Dance actions	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.	Key terminology of the components of a Warm-Up and Cool- Down. Names of muscles and bones. Key words used to describe short-term effects.
	Key words used: High serve Overhead clear Drop shot Net shot Flick shot Doubles/singles Underarm shot Ready position	Choreography Canon Dynamics Line dancing Rock and Roll Matching Mirroring Levels Contact	Key words used: Backhand Block shot Flick Forehand Lob Loop Rally Safety	Key words used in Rounders i.e. back hit, out, rounder, ½ rounder, no ball, bases.  Scoring your own games.	Key words used in Cricket i.e. wicket, out, six, four, no ball, runs.  Scoring your own games.	Key words used in Tennis i.e. Volley, lob, serve, forehand, backhand.  Scoring your own games.	Key words used in Athletics i.e. Event name, names of components of fitness. Timing, flash scoring, measuring.

		Stimulus	Serving		
G a sui			•		
Scori	ring your own	Motif	Smash		
game	ies.	Formation	Spin		
			Umpiring		
		Counting rhythm in			
		routine. Scoring of dance	Scoring your own		
		routine.	games.		



#### **Year 9: Year Overview**

Unit of Learning	Football	Netball	Hockey	Rugby	Handball	Trampolining	Fitness
Skills	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. use of swerve, volleys, marking player without the ball.  Passing Receiving Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. passing over midlong distance, shooting stepping, catching in the air.  Passing Footwork Obstruction/contact Defending Attacking Positions Outwitting opponent Leadership	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. reverse stick passing, aerial, Indian dribble.  Grip Dribbling Passing Receiving Pribbling Shooting Attacking Defending Outwitting opponent Leadership	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Spin pass, smothering, scrums.  Handling Carrying Passing Receiving Tackling Outwitting opponent Attacking Defending Kicking Leadership	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. catching one handed, falling shot, and screening.  Passing Receiving Passing Attacking Shooting Attacking Defending Outwitting opponent Leadership	Advanced skills  Skills from Y7 and Y8 will be re-called, embedded and developed from aesthetics and pupils will be introduced to advanced skills within this sport i.e. combining skills to make a routine.  Rotation Seat landing Front Landing Back Landing Cradle Swivel hips Front Somersault Back Somersault Leadership Routines	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. short term effects of exercise, long term effects of exercise, normative data, different types of HR, lead and design a training session.  • Fitness Tests • Training Methods • Components of Fitness • FITTA • Principles of training
Knowledge	Identify correct ways to pass, receive, dribble and shoot the ball in Football.	Identify correct ways to pass, receive, and use footwork and the use of obstruction in Netball.	Identify correct ways to pass, receive, grip the stick, dribble and shoot in Hockey.	Identify correct ways to pass, receive, carry the ball and kick the ball in Rugby.	Identify correct ways to pass, receive, dribble and shoot the ball in Handball.	Identify ways to move around the space. How to apply weight to hands.  How to apply aesthetics, body	Practical  Justify fitness tests and carry them out correctly.  Perform, design and lead different training



		1		T			
	Justify why each	tension, extension, flow	methods with				
	skill is used in	and stillness.	success.				
	different situations						
	in the game and	Justify why each skill is	Justify the term				
	how it can be used	used in different	FITTA and apply it to				
	to beat an	situations in the	practical sessions.				
	opponent.	opponent.	opponent.	opponent.	opponent.	performance and how it	p
						can be used to beat an	7
	When to select the	opponent.	Justify different types				
	right type of skill	орронене:	of training methods				
	and why?	l					
	and wity:	and wily:	and wily:	and why:	and wily:	Theory	Justify the principles
							of training.
	Tactical awareness	Benefits of warming up	_				
	of when to attack	and cooling down	Theory				
	and defend.	and defend.	and defend.	and defend	and defend.	Named and locations of	Theory
						muscles and bones	
	Theory	Theory	Theory	Theory	Theory	Short term effects of	Benefits of warming
	•	•	•	•	•	exercise	up and cooling down
	Benefits of warming	Sportsmanship	Names and locations				
	up and cooling	-	of muscles and bones				
	down	down	down	down	down		Short term effects of
	Named and		exercise				
							Long term effects of
	locations of muscles		exercise				
	and bones		Normative data				
	Short term effects		Recording HR				
	of exercise						
	Sportsmanship	Sportsmanship	Sportsmanship	Sportsmanship	Sportsmanship		
_	Gamesmanship	Gamesmanship	Gamesmanship	Gamesmanship	Gamesmanship	- 12	- 10
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment					
	Teacher assessment	Teacher assessment					
	(every half term)	(every half term)					
Ecco Values	Work hard	Work hard					
					T. O. IV. HOLD		TTO THE HOLD
/ SMSC /	Marildon o	Marker -	AM and the a	Marildon.	Marildon o	Mandan to describe	AAA aad daa aa
Cultural	Working	Working	Working	Working	Working	Working independently	Working
Capital	independently and	and engaged in	independently and				
Links	engaged in learning	learning new skills.	engaged in learning				
	new skills.		new skills.				
						Be Kind	

	Be Kind	Support one another,	Be Kind				
						learning how to praise	
	Support one	and give constructive	Support one another,				
	another, learning	feedback.	learning how to				
	how to praise and give constructive	Show GRIT	praise and give constructive				
	feedback.	feedback.	feedback.	feedback.	feedback.	Show GRIT	feedback.
	reeuback.	recuback.	recuback.	recuback.	recuback.	Duilding confidence to	reeuback.
	Show GRIT	Building confidence to learn new skills and	Show GRIT				
						tackle challenges.	
	Building confidence		Building confidence to				
	to learn new skills	Aim High	learn new skills and				
	and tackle		tackle challenges.				
	challenges.	challenges.	challenges.	challenges.	challenges.	Developing the right	
	Aim High	attitudes to succeed	Aim High				
	Allii nigii	Aiiii nigii	Allii nigii	Allii nigii	Aiiii nigii	when a skill may be challenging.	
	Developing the right	Challenging.	Developing the right attitudes to succeed				
	attitudes to succeed		when a skill may be				
	when a skill may be		challenging.				
	challenging.	challenging.	challenging.	challenging.	challenging.		
Literacy /	Key terminology of	Key terminology of the	Key terminology of				
Numeracy	the components of	components of a	the components of a				
Links	a Warm-Up and	Warm-Up and Cool-	Warm-Up and Cool-				
	Cool-Down. Names of muscles and	Down. Names of muscles and bones.	Down. Names of muscles and bones.				
	bones. Key words	Key words used to	Key words used to				
	used to describe	describe short-term	describe short-term				
	short-term effects.	effects.	effects.				
	Key words used:	Key words used:	Key words used:	Key words used in	Key words used:	Key words used:	Key words used:
	Passing Blocking	Footwork Contact	Grip	Rugby i.e. Side tackle, flat pass,	Passing Receiving	Seat landings Back landing	Components of fitness Continuous training/
	Jockeying	Obstruction	Passing Dribbling	punt, width,	Dribbling	Front landing	sustained running
	Receiving Defending	Positions	Scoring	diagonal/straight	Shooting	Somersaults	Fartlek training
	Attacking	Attacking	Tackling	lines.	Offence	Cradle	Interval training Circuit training
	Dribbling Shooting	Defending	Outwit an		Defence	Swivel hips	Boxercise
	Outwitting an Opponent		opponent	Scoring your own	Tactics		FITTA
	Tactics Shooting	Scoring your own		games.		Counting rhythm in	Principles of training
		games.	Scoring your own		Scoring your own	routine. Scoring of skills.	Methods of training
	Scoring your own games.		games.		games.	SKIIIS.	Counting reps, score,
							time, measuring.

#### **Year 9: Year Overview**



Unit of Learning	Badminton	Dance (Girls)	Table Tennis	Rounders	Cricket	Tennis	Athletics
Skills	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Flick serve, backhand overhead clear, backhand smash.  Serving Overhead clear Drop shot Net shot Smash Rules Leadership	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Leaps, balances, motifs and climax.  Dance actions Choreography Cannon Dynamics Styles Matching Mirroring Levels Leadership	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advance skills within this sport i.e. Backhand loop, backhand lob, backhand block.  Grip Ball familiarisation Rallying Umpiring Serving Forehand Push Backhand Push Spin Leadership	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. umpiring, tactical play, and burnout.  Throwing Catching Batting Bowling Fielding skills Game based tactics Rules Leadership	Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. off/on drive, pick up on the run, variation in delivery of bowling.  Catching Fielding skills Bowling Batting Throwing Game based tactics Rules Leadership	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Slice/topspin on forehand and backhand stroke, use of spin on the serve, overhead/smash.  Serve Ball familiarisation Forehand Backhand Volleys Lob Rules Leadership	Advanced Skills  Skills from Y7 and Y8 will be re-called, embedded and developed and pupils will be introduced to advanced skills within this sport i.e. Running – foot strike/cadence, Jumping – appropriate speed for take-off, Throwing – use of cross step/glide.  Sprinting Jumping Throwing Middle distance Relay
Knowledge	Practical  Identify correct technique to perform serve, clear, net shots in Badminton.	Practical  Identify ways to move around the space. How to apply cannon, mirroring, matching,	Practical  Identify correct technique to perform serve, push, and spin in Table Tennis.	Identify correct technique to perform throwing, catching, fielding skills, batting and	Practical  Identify correct technique to perform throwing, catching, fielding	Identify correct technique to perform serve, groundstrokes, volleys and lob in Tennis.	Identify correct technique to perform sprinting, jumping, throwing, middle distance and relay.

	Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  When to select the right type of skill and why?  Tactical awareness of when to attack and defend.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	levels and dynamics to a dance routine.  Explain why stimulus is used to help develop choreography.  Justify why each skill is used in different situations in the performance and how it can be used to beat an opponent.  Why to apply aesthetics, body tension, extension, flow and stillness.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship	Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  When to select the right type of skill and why?  Tactical awareness of when to attack and defend.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	bowling in Rounders.  Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  When to select the right type of skill and why?  Tactical awareness of where to stand in the field.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	skills, batting and bowling in Cricket.  Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  When to select the right type of skill and why?  Tactical awareness of where to stand in the field.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  When to select the right type of skill and why?  Tactical awareness of when to attack and defend.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Justify the correct components of fitness for each type of activity and justify why they are needed.  Tactical awareness to outwit opponents.  Theory  Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship  Gamesmanship
Assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment	Self-assessment
	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment	Peer assessment
	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)	Teacher assessment (every half term)
Ecco Values / SMSC / Cultural Capital Links	Work hard Working independently and	Work hard	Work hard  Working independently and	Work hard  Working independently and	Work hard  Working independently and	Work hard  Working independently and	Work hard  Working independently and

	engaged in learning new skills.	Working independently and engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.
	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Show GRIT	Show GRIT	Show GRIT	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.  Aim High	Building confidence to learn new skills and tackle challenges.
	Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Aim High  Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key terminology of the components of a Warm-Up and Cool- Down. Names of muscles and bones. Key words used to describe short-term effects. Key words used: Backhand	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used: Dance actions Choreography	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Table Tennis i.e.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Key words used in Rounders i.e. back	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Key words used in Cricket i.e. wicket,	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects.  Key words used in Tennis i.e. Volley, lob,	Key terminology of the components of a Warm-Up and Cool- Down. Names of muscles and bones. Key words used to describe short-term effects. Key words used in Athletics i.e. Event
	Doubles tactics Serving Smash Overhead clear Drop shot Net shot Flick shot	Canon Dynamics Line dancing Matching Mirroring Levels	serve, push, backhand/forehand, rally. Scoring your own games.	hit, out, rounder, ½ rounder, no ball, bases.  Scoring your own games.	out, six, four, no ball, runs. Scoring your own games.	serve, forehand, backhand.  Scoring your own games.	name, names of components of fitness.  Timing, flash scoring, measuring.

Ready position	Contact Stimulus			
Scoring your own games.	Motif Formation Travelling Focus			
	Counting rhythm in routine. Scoring of dance routine.			

## **Subject: GCSE P.E**

#### **Year 10: Year Overview**

Unit of Learning	1	2	3	4	5	6
Topic	Skeletal + Muscular System	Movement Analysis + Cardiovascular System	Respiratory System + Short/Long term effects	Components of Fitness + Principles of Training + Training Methods	Warm-ups / Cool downs	Preventing injury in Sport
Skills	Identify and locate names of muscles and bones.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify and explain planes of movement, levers, axis of rotation, components of the CV system.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and	Interpreting figures and data. Plotting and describing graphs.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify and explain different components of fitness. Explain and apply principles of training and training methods.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make	Identify, explain and justify the components of a warm and cool down.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Identify, explain and justify why people use protective equipment, rules and regulations.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
		justify key concepts.		judgements and justify key concepts.		
Knowledge	Identification of location – bones + muscles.	Identification of Levers Planes of movement	Identify the structure and function of the respiratory system.	Identify all components of fitness.	Identify the components of a warm-up / cool down.	Explain how injuries occur and how to prevent them.
	Function of bones + muscles.  Movement	Axis of Rotation  Label the heart	Definitions of aerobic / anaerobic respiration.	Link to fitness tests.  Apply to components of fitness to sporting	Explain the benefits of a W-U + C-D.	Why rules and regulations are used.
		Function of the heart	Explain and apply the effects of exercise on 4 systems.	examples.  Identify each principle		
		Role of vessels		of training.		

			Apply to sporting examples.  Identify each training method.  Explain each training method and apply to sporting examples.	
Assessment Recall content +	DART Identification of	DART Identification of	Mock Exam	DART Identification of
Recall content + %	location – bones + muscles, Function of bones + muscles, Movement, Identification of Levers, Planes of movement, Axis of Rotation.  100%	Identification of location – bones + muscles, Function of bones + muscles, Movement, Identification of Levers, Planes of movement, Axis of Rotation, Label the heart, Function of the heart, Role of vessels, Identify the structure and function of the respiratory system, Definitions of aerobic / anaerobic respiration, Explain and apply the effects of exercise on 4 systems, Identify all components of fitness, Link to fitness tests, Apply to components of fitness to sporting examples.		location – bones + muscles, Function of bones + muscles, Movement, Identification of Levers, Planes of movement, Axis of Rotation, Label the heart, Function of the heart, Function of the heart, Role of vessels, Identify the structure and function of the respiratory system, Definitions of aerobic / anaerobic respiration, Explain and apply the effects of exercise on 4 systems, Identify all components of fitness, Link to fitness tests, Apply to components of fitness to sporting examples, Identify each principle of training, Apply to sporting examples, Identify each training method, Explain each training method and apply to sporting examples, Identify the components of a

						warm-up / cool down, Explain the benefits of a W-U + C-D, Explain how injuries occur and how to prevent them, Why rules and regulations are used.
Ecco Values /	Work hard					
SMSC / Cultural Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind					
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT					
	Building confidence to learn new skills and tackle challenges.					
	Aim High					
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key vocab AO3	Key vocab AO3	Key vocab AO3 Reading data on graphs and plotting graphs.	Key vocab AO3 Recording data and comparing to normative data.	Key vocab AO3	Key vocab AO3

## **Subject: Cambridge National Sport Science**

## **Year 10/11: Year Overview**



Unit of Learning	R180 (taught over Y10 and Y11)					
Topic	Topic Area 1:	Topic Area 2:	Topic Area 3:	Topic Area 4:	Topic Area 5:	
	Different factors which influence the risk and severity of injury.	Warm up and cool down routines.	Different types and causes of sports injuries.	Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.	Causes, symptoms and treatment of medical conditions.	
Skills	Analyse exam questions and develop exam technique.	Analyse exam questions and develop exam technique.	Analyse exam questions and develop exam technique.	Analyse exam questions and develop exam technique.	Analyse exam questions and develop exam technique.	
	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	
Knowledge	Extrinsic factors and Intrinsic factors of injury.	Physical benefits of WU + CD, psychological benefits WU + CD, components of WU + CD, specific needs of WU + CD, environmental factors.	Acute + chronic injuries. Types, causes + treatment of injuries. How to respond to injury in sporting context.	EAP. Risk assessment. Strategies to help reduce injuries. SALTAPS. DRABC. Treatments and therapies.	Symptoms and responses to: Asthma Diabetes Epilepsy Sudden Cardiac Arrest Hypothermia Heat Exhaustion Dehydration	
Assessment	End of topic test	End of topic test	End of topic test	End of topic test	End of topic test	DART Mock Exam Official Exam
Recall content + %		Knowledge from TA1 R180 & R181	Knowledge from TA1 and TA2 R180 & R181	Knowledge from TA1, TA2 and TA3 R180 & R181	Knowledge from TA1, TA2, TA3 and TA4 R180 & R181	Knowledge from TA1, TA2, TA3, TA4 and TA5 R180 & R181

Ecco Values /	Work hard					
SMSC / Cultural Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind					
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT					
	Building confidence to learn new skills and tackle challenges.					
	Aim High					
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key vocab AO3					

#### **Subject: Cambridge National Sport Science**

#### **Year 10: Year Overview**

Unit of Learning				
	R181			
Topic	Topic Area 1:	Topic Area 2:	Topic Area 3:	Topic Area 4:
	Components of fitness applied in sport.	Principles of training in sport.	Organising and planning a fitness training programme.	Evaluate own performance in planning and delivery of a fitness training programme.
Skills	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Analyse exam questions and develop exam technique.
	The ability to work independently.	The ability to work independently.	The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
Knowledge	Components of fitness and their requirement to specific sports. Fitness tests. Interpreting data. Devise and conduct skill based fitness tests.	Principles of training and goal setting. Methods of training. Aerobic vs anaerobic exercise.	Factors to consider when designing a fitness programme. Planning a fitness based training programme. Recording results.	Effectiveness of a fitness training programme. Strengths and further development of fitness training programme.
Assessment	Coursework	Coursework	Coursework	Coursework
Recall content + %		Knowledge from TA1 R180 & R181.	Knowledge from TA1 and TA2 R180 & R181.	Knowledge from TA1, TA2 and TA3 R180 & R181.
Ecco Values /	Work hard	Work hard	Work hard	Work hard
SMSC / Cultural Capital Links	Working independently and	Working independently and	Working independently and	Working independently and



	ongogod in loounists	anagard in lagratic c	anagad in lagraire	anguard in learning
	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.
	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.
	Aim High	Aim High	Aim High	Aim High
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key vocab AO3	Key vocab AO3	Key vocab AO3	Key vocab AO3

## **Subject: Core PE**

#### **Year 10: Year Overview**



Unit of Learning	SPORT EDUCATION	COACHING	LEADERSHIP
Topics	Throughout the year this cohort of pupils will be competing, leading and performing at high intensity in a range of sports such as:  • Football • Netball • Basketball • Handball • Hockey • Table Tennis • Badminton • Rounders • Tennis	Throughout the year this cohort of pupils will be participating, leading, designing and creating, and sometimes compete in a range of sports such as:  Fitness Badminton Trampolining Netball Basketball Table Tennis Rounders Tennis	Throughout the year this cohort of pupils will be participating and leading in a range of sports such as:  Trampolining Dance Football Fitness Dodgeball Badminton Rounders Problem solving OAA Alternative sports (Ultimate Frisbee, Tchoukball)
Skills	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Perform, design and lead different training methods with success.	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Perform, design and lead different training methods with success.  Develop leadership, teamwork and interpersonal skills.	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Develop leadership, teamwork and interpersonal skills.

	Develop leadership, teamwork and interpersonal skills.		
Knowledge	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship
Assessment	ATL	ATL	ATL
Ecco Values / SMSC / Cultural	Work hard	Work hard	Work hard
Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.
	Aim High	Aim High	Aim High
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.

## **Subject: Cambridge National Sport Science**

#### **Year 11: Year Overview**

Unit of Learning	D400			
	R182			
Topic	Topic Area 1:	Topic Area 2:	Topic Area 3:	Topic Area 4:
	The cardio-respiratory system and how the use of technology supports different types of sports and their intensities.	The musculo-skeletal system and how the use of technology supports different types of sports and their movements.	Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems.	Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems.
Skills	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.	Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.
Knowledge	Components, function and role of cardio-respiratory system during exercise.  Cardio-respiratory sports technology.	The components and role of the musculo-skeletal system in producing movement.  Musculo-skeletal sports technology.	The different short- term effects of exercise on the cardio-respiratory and musculo-skeletal systems.	The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems.
Assessment	Coursework	Coursework	Coursework	Coursework
Recall content + %		Knowledge from TA1 R180, R181 & R182.	Knowledge from TA1 and TA2 R180, R181 & R182.	Knowledge from TA1, TA2 and TA3 R180, R181 & R182.
Ecco Values /	Work hard	Work hard	Work hard	Work hard
SMSC / Cultural Capital Links	Working independently and	Working independently and	Working independently and	Working independently and



	ongaged in learning	ongaged in learning	ongaged in learning	ongogod in Joarning
	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.	engaged in learning new skills.
	Be Kind	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.
	Aim High	Aim High	Aim High	Aim High
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key vocab AO3	Key vocab AO3	Key vocab AO3 +/-x Averages	Key vocab AO3 +/-x Averages

## **Subject: GCSE P.E**

#### **Year 11: Year Overview**

Unit of Learning	1	2	3	4	5
Topic	Classification of Skills / Goal Setting + Coursework	Mental Prep / Guidance & Feedback + Coursework	Engagement in Sport + Commercialisation	Ethics in Sport + Health, Fitness & Wellbeing	Ethics in Sport + Health, Fitness & Wellbeing
Skills	Identify the different classifications of skill and skill continuums. Know and explain SMART targets.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.	Know the different types of mental preparation and explain how they are used. Explain and apply different types of feedback and guidance.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.  The ability to work independently.	Interpreting figures and data. Plotting and describing graphs.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Understand different ethics in sports. Understand, explain and apply what makes up a healthy active lifestyle.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.	Understand different ethics in sports. Understand, explain and apply what makes up a healthy active lifestyle.  Analyse exam questions and develop exam technique.  Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts.
Knowledge	Definition of motor skill  Explanation of open/closed + simple/complex	Apply practical examples to mental prep techniques.  Explain types of guidance and feedback.	Look at trends in sport and factors that affect participation.  Discuss the influence media has on participation.	Identify the difference between sportsmanship / gamesmanship / deviance.  Identify performance enhancing drugs and impact on sport.	Identify components of a balanced diet and the effect on performance.  Recall knowledge from paper 1 / paper 2.



	Explain and apply goal setting to sporting examples.	Apply to practical examples.	Sport-Media- Sponsorship (Golden Triangle).	Justify reasons for violence in sport.  Identify physical, emotional and social benefits from physical activity.	
Assessment	DART	Mock Exam - Paper 1 + Paper 2	DART	Mock Exam - Paper 1 + Paper 2	EXAMS
Recall content + %	Definition of motor skill, Explanation of open/closed + simple/complex, Explain and apply goal setting to sporting examples, Apply practical examples to mental prep techniques, Explain types of guidance and feedback, Apply to practical examples.  100%		Definition of motor skill, Explanation of open/closed + simple/complex, Explain and apply goal setting to sporting examples, Apply practical examples to mental prep techniques, Explain types of guidance and feedback, Apply to practical examples, Look at trends in sport and factors that affect participation, Discuss the influence media has on participation, Sport-Media-Sponsorship (Golden Triangle), Identify the difference between sportsmanship / gamesmanship / gamesmanship / deviance, Identify performance enhancing drugs and impact on sport, Justify reasons for violence in sport, Identify physical, emotional and social, Identify components of a balanced diet and the effect on performance.		

Ecco Values /	Work hard	Work hard	Work hard	Work hard	Work hard
SMSC / Cultural					
Capital Links	Working	Working	Working independently	Working	Working
	independently and	independently and	and engaged in learning	independently and	independently and
	engaged in learning	engaged in learning	new skills.	engaged in learning	engaged in learning
	new skills.	new skills.	<b>5</b> 10 1	new skills.	new skills.
	Be Kind	Be Kind	Be Kind	Be Kind	Be Kind
	De Kina	be Killa		De Kina	De Kind
	Support one another,	Support one another,	Support one another, learning how to praise	Support one another,	Support one another,
	learning how to	learning how to	and give constructive	learning how to	learning how to
	praise and give	praise and give	feedback.	praise and give	praise and give
	constructive	constructive		constructive	constructive
	feedback.	feedback.	Show GRIT	feedback.	feedback.
	Show GRIT	Show GRIT	Building confidence to	Show GRIT	Show GRIT
	D 1111 C. I.	D 11 11 C 1 .	learn new skills and	D 1111 C. I.	D 1111 C
	Building confidence to learn new skills and	Building confidence to learn new skills and	tackle challenges.	Building confidence to learn new skills and	Building confidence to learn new skills and
	tackle challenges.	tackle challenges.	Aim Lliab	tackle challenges.	tackle challenges.
	tackie chancingesi	taciae chancingeor	Aim High	tackie chancingesi	taciae chancingesi
	Aim High	Aim High	Developing the right	Aim High	Aim High
	_	_	attitudes to succeed	_	
	Developing the right	Developing the right	when a skill may be	Developing the right	Developing the right
	attitudes to succeed	attitudes to succeed	challenging.	attitudes to succeed	attitudes to succeed
	when a skill may be	when a skill may be		when a skill may be	when a skill may be
12	challenging.	challenging.		challenging.	challenging.
Literacy /	Key vocab AO3	Key vocab AO3	Key vocab AO3	Key vocab AO3	Key vocab AO3
Numeracy Links					

## **Subject: Core PE**

#### **Year 11: Year Overview**



Unit of Learning	SPORT EDUCATION	COACHING	LEADERSHIP
Topics	Throughout the year this cohort of pupils will be competing, leading and performing at high intensity in a range of sports such as:  • Football • Netball • Basketball • Handball • Hockey • Table Tennis • Badminton • Rounders • Tennis	Throughout the year this cohort of pupils will be participating, leading, designing and creating, and sometimes compete in a range of sports such as:  • Fitness • Badminton • Trampolining • Netball • Basketball • Football • Table Tennis • Rounders • Tennis	Throughout the year this cohort of pupils will be participating and leading in a range of sports such as:  Trampolining Dance Football Fitness Dodgeball Badminton Rounders Problem solving OAA Alternative sports (Ultimate Frisbee, Tchoukball)
Skills	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Justify why each skill is used in different situations in the game and how it can be used to beat an opponent.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Perform, design and lead different training methods with success.	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Perform, design and lead different training methods with success.  Develop leadership, teamwork and interpersonal skills.	Be able to use the correct ways to pass, receive, dribble, shoot, hit, strike, throw and catch.  Tactical awareness of when to attack and defend and strategies to beat opponents.  Lead a warm up, practice and officiating of games.  Develop leadership, teamwork and interpersonal skills.

	Develop leadership, teamwork and interpersonal skills.		
Knowledge	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship	Benefits of warming up and cooling down Named and locations of muscles and bones Short term effects of exercise Sportsmanship Gamesmanship
Assessment	ATL	ATL	ATL
Ecco Values / SMSC / Cultural	Work hard	Work hard	Work hard
Capital Links	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.	Working independently and engaged in learning new skills.
	Be Kind	Be Kind	Be Kind
	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.	Support one another, learning how to praise and give constructive feedback.
	Show GRIT	Show GRIT	Show GRIT
	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.	Building confidence to learn new skills and tackle challenges.
	Aim High	Aim High	Aim High
	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.	Developing the right attitudes to succeed when a skill may be challenging.
Literacy / Numeracy Links	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.	Key terminology of the components of a Warm-Up and Cool-Down. Names of muscles and bones. Key words used to describe short-term effects. Scoring, timing, measuring.