

CORE KNOWLEDGE

What I will know and understand by the end of Year 10



This year in PE, Boys Set 1 will be learning:		This links to:	Key vocabulary:
1	<p>Football Core skills will be further developed & refined and use to outwit opponents in competitive games.</p> <p>Rugby Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<p><i>team strategies, preparation, recovery, fitness, exercise, officiating, principles of play, attack, defence, outwitting an opponent,</i></p> <p><i>Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out,</i></p>
2	<p>Badminton XC Pupils will focus on developing more advanced core skills and applying them in game situations in order to outwit opponents.</p> <p>HRF Pupils will be encouraged to develop replication and performance through a range of fitness activities.</p>	Speed, Balance, Coordination, Power, Flexibility & Core strength, Numeracy Skills (Measuring/Counting/Scoring, Recording heart rate values and making comparisons), Computing (Use of ICT, Heart rate monitors and digital skills)	<p><i>space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man/zone defence.</i></p> <p><i>Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid.</i></p>
3	<p>Football Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team in competitive games</p> <p>Basketball pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<p><i>attack, defence, outwitting, countering a play</i></p> <p><i>Defensive line, Tackling, Scrumming, pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents..</i></p>
4	<p>Athletics Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<p><i>Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</i></p>
5	<p>Tennis Pupils will develop their understanding of shots played within a rally more consistently.</p> <p>Softball Pupils will refine their skills whilst evaluating the strengths and areas for improvement of their teams performance</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction, Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship, (sportsmanship),	<p><i>ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, speed, coordination,; officiating/umpiring</i></p> <p><i>Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun, strengths, weaknesses, evaluate, improvements.</i></p>
6	<p>Cricket Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills, (Counting and Scoring), Citizenship (sportsmanship),	<p><i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i></p>

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This year in PE, Boys Set 2 will be learning:		This links to:	Key vocabulary:
1	<p>Rugby</p> <p>Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p> <p>Football</p> <p>Core skills will be further developed & refined and use to outwit opponents in competitive games.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<p><i>team strategies, preparation, recovery, fitness, exercise, officiating, principles of play, attack, defence, outwitting an opponent,</i></p> <p><i>Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out,</i></p>
2	<p>HRF</p> <p>Pupils will be encouraged to develop replication and performance through a range of fitness activities.</p> <p>Badminton</p> <p>Pupils will focus on developing more advanced core skills and applying them in game situations in order to outwit opponents.</p>	Speed, Balance, Coordination, Power, Flexibility & Core strength, Numeracy Skills (Measuring/Counting/Scoring, Recording heart rate values and making comparisons), Computing (Use of ICT, Heart rate monitors and digital skills)	<p><i>space, drive, fakes, rebounding, lay-ups, marking, defending stance and how to play man to man/zone defence.</i></p> <p><i>Warm up, Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid.</i></p>
3	<p>Football</p> <p>Pupils will work in groups, taking on a range of roles and responsibilities to help each other prepare and improve as a team in competitive games</p> <p>Basketball</p> <p>pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<p><i>attack, defence, outwitting, countering a play</i></p> <p><i>Defensive line, Tackling, Scrumming, pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents..</i></p>
4	<p>Athletics</p> <p>Pupils will further enhance replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<p><i>Hurdles, Relay, Javelin, Shot Putt, High Jump, Long Jump, Stride length, Pacing, Speed, Recovery, Fatigue & Lactic acid,</i></p>
5	<p>Softball</p> <p>Pupils will refine their skills whilst evaluating the strengths and areas for improvement of their teams performance</p> <p>Tennis</p> <p>Pupils will develop their understanding of shots played within a rally more consistently.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction, Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship, (sportsmanship),	<p><i>ready position, preparation, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace, speed, coordination,; officiating/umpiring</i></p> <p><i>Bases, diamond, fielding, bat, ball, glove, strike, circle, steal, homerun, strengths, weaknesses, evaluate, improvements.</i></p>
6	<p>Cricket</p> <p>Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills, (Counting and Scoring), Citizenship (sportsmanship),	<p><i>Forward drive, pull shot, front foot, line and length, over, wide, no ball, boundaries, stumping, officiating/umpiring</i></p>

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This year in PE, Girls Set 1 will be learning:		This links to:	Key vocabulary:
1	<p><u>Hockey</u> Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p> <p><u>Netball</u> Pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed, marking, footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names.</i>
2	<p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games.</p> <p><u>Dodgeball</u> Pupils will accurately replicate skills and tactics individually and in a team focusing on the correct techniques.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Handstand, Handspring, Flight, Vaulting, Side, Balance; Composition. Attack, Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle,</i>
3	<p><u>HRF</u> Pupils will be encouraged to develop replication and performance through a range of fitness activities.</p> <p><u>Rugby</u> Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Heart rate, Cool down, Dynamic Stretching, Recovery, Oxygen debt, Methods of training, Cooper Run, Fatigue & Lactic acid Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play,</i>
4	<p><u>Athletics</u> Pupils will further enhance replication and performance across all disciplines (running, throwing, jumping)</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Rounders</u> Pupils will focus on developing more advanced core skills and applying them in a competitive game in order to outwit opponents.</p> <p><u>Cricket</u> Pupils will focus on developing more advanced core skills and applying them in a competitive game in order to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation.</i>
6	<p><u>Tennis</u> Pupils will focus on developing more advanced core skills and replicate them competitive games in order to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve,</i>

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This year in PE, Girls Set 2 will be learning:		This links to:	Key vocabulary:
1	<p><u>Netball</u> Pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents.</p> <p><u>Hockey</u> Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Marking, footwork, repossession, dodging, intercepting, marking, covering, delaying and positional names. Open stick side, reverse stick side, hit pass, push pass, pressing, formation, space, free hit, penalty, changing speed,</i>
2	<p><u>Dodgeball</u> Pupils will accurately replicate skills and tactics individually and in a team focusing on the correct techniques.</p> <p><u>Football</u> Pupils will build on the fundamental skills required to perform at maximum levels in competitive games.</p>	Physical Literacy Skills (Developing football, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Dodge, throw, catch, agility, tactics, teamwork, honesty. Defence, pressing, formation, finding and using space, changing speed, dribble, pass, shoot, tackle,</i>
3	<p><u>Handball</u> Pupils will work on improving the quality of their skills using various techniques to develop their learning and apply them in games situations</p> <p><u>Rugby</u> Pupils will focus on developing more advanced core skills and applying them in game situations in order to beat opposition.</p>	Physical Literacy Skills (Developing rugby! & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Throw, catch, fake, aim, team work, support, shape, pace Attack, defence, outwitting, countering a play Defensive line, Tackling, Possession, Support play,</i>
4	<p><u>Athletics</u> Pupils will further enhance replication and performance across all disciplines (running, throwing, jumping)</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue & Lactic acid,</i>
5	<p><u>Cricket</u> Pupils will focus on developing more advanced core skills and applying them in a competitive game in order to outwit opponents.</p> <p><u>Rounders</u> Pupils will focus on developing more advanced core skills and applying them in a competitive game in order to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring, stance, batting square, post fielder, deep fielder, innings, backward hit, no ball, bowling square, officiating/umpiring & anticipation.</i>
6	<p><u>Tennis</u> Pupils will focus on developing more advanced core skills and replicate them competitive games in order to outwit opponents.</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship	<i>ready position, singles, forehand, backhand, smash, fault, volley, serve, baseline, tramlines, ace</i>

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This year in Physical Education set 3 will be learning:		This links to:	Key vocabulary:
1	<p><u>Basketball</u> pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents</p> <p><u>Dodgeball</u> Pupils will accurately replicate skills and tactics individually and in a team focusing on the correct techniques</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Principles of attack and defence, finding and using space, dribble, pass, jump, shot throw, catch, dodge, target,</i>
2	<p><u>HRE</u> pupils will be encouraged to develop replication and performance through a range of fitness activities.</p> <p><u>OAA</u> pupils will extend and improve communication and teamwork skills in a variety of situations.</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital skills)	<i>Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid leadership and teamwork, cooperation, physical challenge, planning and preparation, success, priorities</i>
3	<p><u>Football</u> Core skills will be further developed & refined and use to outwit opponents in competitive games.</p> <p><u>Indoor Athletics</u> Pupils will be encouraged to develop replication and performance across indoor athletic events disciplines</p>	Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Attack, defence, outwitting, countering a play Defensive line, Tackling, Scrumming, Rucking, Possession, Support play, Line out; Serve, Setter, smash, overhead, dig, set, volley, block, tactics,</i>
4	<p><u>Athletics</u> Pupils will be encouraged to develop replication and performance across all disciplines.</p>	Physical Literacy Skills (Speed, Balance, Coordination, Power, Flexibility & Core strength), Numeracy Skills (measuring distances, collating data & comparing recordings against other bests), Citizenship (sportsmanship & cooperation), Computing (Use of ICT and digital skills)	<i>Warm up, Cool down, Leg drive, Sprint, Pacing, Speed, Take off, Flight, Landing, Recovery, Fatigue; Lactic acid, grip,</i>
5	<p><u>Cricket</u> Pupils will focus on developing more advanced core skills and applying them in a competitive game in order to outwit opponents</p> <p><u>HRE</u> Pupils will be encouraged to develop replication and performance through a range of fitness activities</p>	Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>stance, body position, follow-through, front foot, line and length, attacking and defensive strokes, wide, no ball, bowling, boundaries, officiating/umpiring Warm up, Heart rate, Cool down, Stretching, Intensity, Speed, Recovery, Fatigue & Lactic acid</i>
6	<p><u>Trampoline</u> pupils will accurately replicate skills and movements individually and in combination focusing on the correct techniques.</p>	Physical Literacy Skills (Balance, Timing, Speed, Coordination, Reaction Time, Body management skills and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),	<i>Aesthetics, Flight, Tuck, Straddle, Pike, Seat Drop, Front Drop, Back Drop, Swivel Hips, ½ Twist, Full Twist, Balance & Routine.</i>

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This year in Physical Education we will be learning:		This links to:	Key vocabulary:				
1	<p><u>PE Options programme</u> Pupils select from Football - HRF - Badminton - Dodgeball - Tennis</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital stills)					
2		Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),					
3	<p><u>PE Options programme</u> Pupils select from Football - HRF - Badminton - Dodgeball - Basketball</p>	Physical Literacy Skills (Agility, Balance, Coordination, Motivation, Movement competence and confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship) Computing (Heart rate monitors and digital stills)					
4		Physical Literacy Skills (Developing football & Rugby fundamentals, Agility, Coordination, Speed and Confidence), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship),					
5							
6							
Target Grade		AP1		AP2		AP3	

CORE KNOWLEDGE

What I will know and understand by the end of Year 10.



This year in BTEC Sport we will be learning:		This links to:	Key vocabulary:	
1	<p>Component 1: Understand the Body and the Supporting Technology for Sport and Activity <i>A: Investigate the impact of sport and activity on the body systems</i></p> <ul style="list-style-type: none"> We will investigate the body systems and how their structures provide functionality for sport and activity. We will explore how the body systems work together and the benefits of regular participation in sport and activity on each system. 	<p>You will build upon your knowledge in KS3 Biology of the human body especially the structure of the cardiorespiratory system</p> <p>Warm up and cool downs from core PE lessons help prevent injuries</p> <p>PSHE curriculum on being safe and healthy.</p> <p>Sportswear benefits discussed in core PE lessons through KS3.</p> <p>Leadership Academy supporting Trust primary competitions and Middlesbrough wide sports events.</p>	<p>Skeletal Effects Muscular Structure Cardiovascular Function Respiratory</p>	
2	<p>Component 1: Understand the Body and the Supporting Technology for Sport and Activity <i>B: Explore common injuries in sport and activity and methods of rehabilitation</i></p> <ul style="list-style-type: none"> We will explore the most common injuries that occur during sport and activity will understand some of the causes of injury in sport and activity and how they could be prevented. 		<p>Injuries Dislocation Strain Fracture Bruise Ligament Tendonitis</p>	
3	<p>Component 1: Understand the Body and the Supporting Technology for Sport and Activity <i>B: Explore common injuries in sport and activity and methods of rehabilitation</i></p> <ul style="list-style-type: none"> We will understand how to manage common sporting injuries and their basic treatments, through the rehabilitation process to recovery. They will explore how technology can support the rehabilitation process. 		<p>Management RICE Rehabilitation SALTAPS Technology Cryotherapy</p>	
4	<p>Component 1: Understand the Body and the Supporting Technology for Sport and Activity <i>C: Understand the use of technology for sport and activity</i></p> <ul style="list-style-type: none"> We will understand the advances in equipment, the physical benefits of sportswear and the technology used to improve fitness for sport and activity. We will investigate the impact of technology on participation. 		<p>Marginal gains GPS Video Analysis Data Limitations</p>	
5	<p>Component 1: Understand the Body and the Supporting Technology for Sport and Activity <i>C: Understand the use of technology for sport and activity</i></p> <ul style="list-style-type: none"> We will develop an understanding of the benefits that technology can have on specific body systems. We will develop an understanding of the limitations of technology. 		<p>Management Coach Manager Elite</p>	
6	<p>Component 3: Applying the Principles of Sport and Activity <i>A Understand the fundamentals of sport and activity leadership</i></p> <ul style="list-style-type: none"> We will explore the attributes of successful leadership by exploring different leadership skills and qualities. We will develop an understanding of the benefits that participants from different target groups can gain from taking part in sport and activity sessions. 		<p>Skills Qualities Communication Short term Organisation Long term Knowledge Psychological</p>	
Target Grade		AP1	AP2	AP3

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This year in BTEC Sport we will be learning:		This links to:	Key vocabulary:
1	<p>Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity <i>AO1 Demonstrate knowledge of the principles of training to improve fitness, nutrition and psychological influences</i></p> <ul style="list-style-type: none"> We will understand how to interpret fitness test scores and compare them to normative data We will understand the different methods of training for participants for sport and activity. We will explore the FITT principles and the principles of training. We will understand the structure of a fitness programme 	<p>Health Related Exercise lessons in the Fitness Suite from KS3 core PE.</p> <p>Fitness testing that you may already take part in at sports clubs and teams.</p>	<p>Aerobic; Endurance; Muscular; Flexibility; Strength; Power; Body Composition; Cooper; Sit Up; Press Up; Hand Grip Dynamometer; Sit & Reach; Sargent; Sprint; Interpret; Data;</p>
2	<p>Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity <i>AO2 Demonstrate understanding of training to improve fitness, nutrition and psychological influences when applying to sport and activity</i></p> <ul style="list-style-type: none"> We will develop an understanding of a healthy diet. We will understand how to review fluid intake to maintain hydration We will review nutritional habits that require improvement and suggest methods to help participants enhance their diet 	<p>Design & Technology: Food; Science and Health & Wellbeing from PSHE curriculum.</p>	<p>Carbohydrates; Protein; Fats; Calories; Minerals; Vitamins; Water; Benefits; Enhance; Performance;</p>
3	<p>Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity <i>AO3 Analyse and evaluate data and information in relation to fitness, nutrition and psychological influences when applying to sport and activity</i></p> <ul style="list-style-type: none"> We will be given an introduction to sports psychology We will investigate how a participant's self-confidence levels can impact on their sport We will understand how anxiety can affect participation levels 	<p>Sport Leadership unit in Y10 and the experience pupils receive of sport leadership in core Pe lessons.</p>	<p>Motivation; intrinsic; extrinsic; Self Confidence; Anxiety;</p>
4	<p>Component 3: Applying the Principles of Sport and Activity <i>B Planning sessions for target groups</i></p> <ul style="list-style-type: none"> We will examine the different groups of people that take part in sport. We will explore why the target groups require different types of sessions We will plan a session that meets the needs of a chosen target group 	<p>Sport Leadership & sport education models of learning covered in Y8 core PE.</p>	<p>Target groups; Session types; Session plan; warm up; cool down; pulse; stretch</p>
5	<p>Component 3: Applying the Principles of Sport and Activity <i>C: Delivering and reviewing sessions for target groups</i></p> <ul style="list-style-type: none"> We will explore and develop their skills for safely delivering a session We will gain an understanding of the review methods to evaluate sessions 		
Target Grade		AP1	AP3
		AP2	