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| In Year 7, pupils receive two hours PE per week.  The intent specifically for Year is to create a love for Physical Activity and Sport. |  | Students will develop their KNOWLEDGE of:  • basic skills, techniques and tactics used in sports and physical activities  • fundamental rules and regulations for a range of sports and the need for officials  • the components of a warm up and cool down  • the immediate effects of exercise of body and basic training methods to improve cardiovascular fitness  • some compositional ideas to improve Dance/Trampolining  • safety factors during physical activity and sport specifically Trampolining  • leading fit and healthy lifestyles including extracurricular sports clubs |
| In Year 8, pupils receive two hours PE per week.  Where pupils will experience and wide range of activities, developing the skills, tactics and strategies learnt in Year 7. |  |  |
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