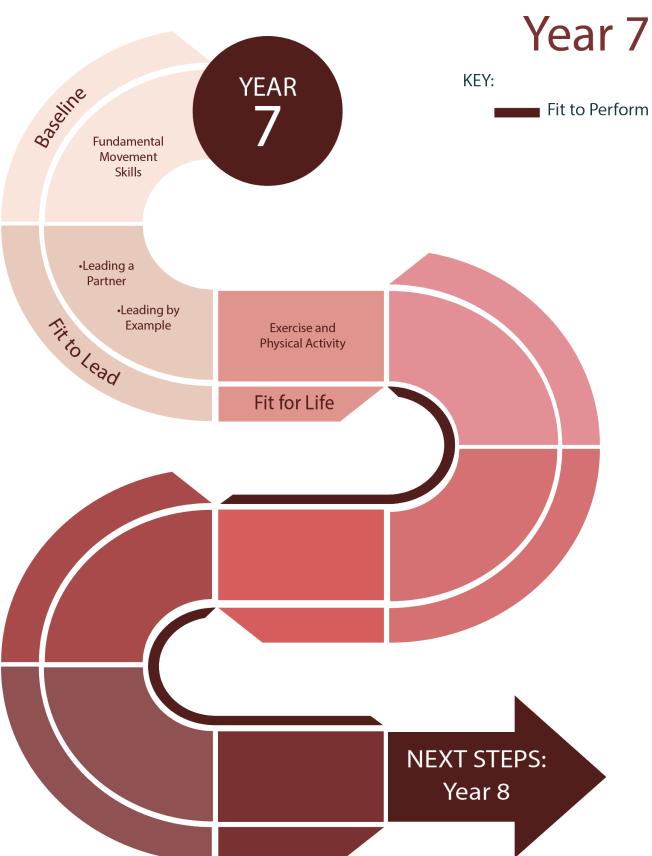


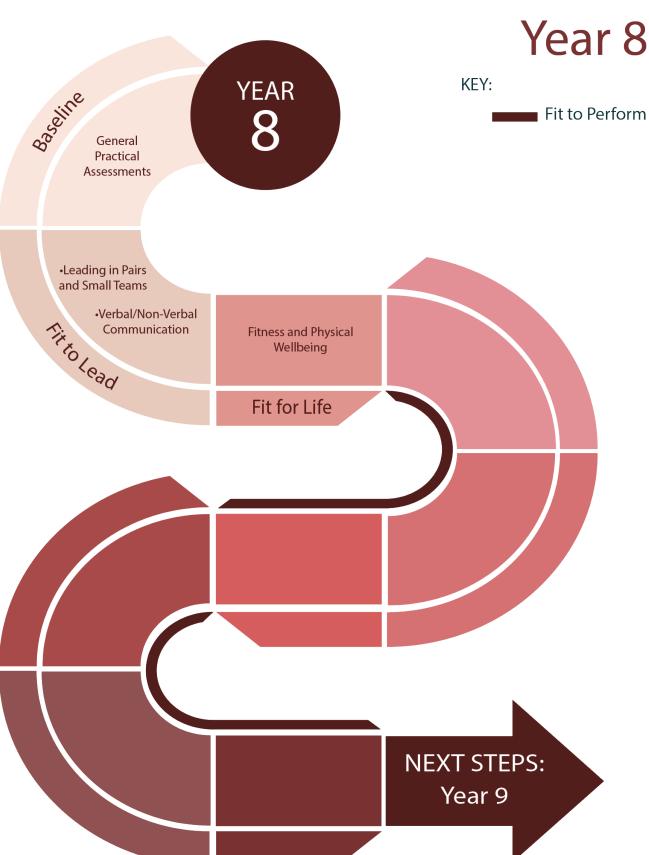
PHYSICAL EDUCATION

	COMPONENT	YEAR 7	YEAR 8	YEAR 9
Fit to Perform	Edit Text Box	Edit Text Box	Edit Text Box	Edit Text Box
	Edit Text Box	Edit Text Box	Edit Text Box	Edit Text Box
	Edit Text Box	Edit Text Box	Edit Text Box	Edit Text Box
	Edit Text Box	Edit Text Box	Edit Text Box	Edit Text Box
	Edit Text Box	Edit Text Box	Edit Text Box	Edit Text Box
Embedded Throughout	Fit to Lead	•Leading a partner	 Leads in pairs/small teams. Verbal and non-verbal communication 	•Leadership and officiating roles in games. Use STEP principle to adapt activities
	Fit for Life	•Short periods of sustained exercise •Can conduct their own warm-up •Knows how PA contributes to a balanced lifestyle	 Use components of fitness to improve wellbeing Knowledge of basic anatomy Knowledge of basic nutrition and hydration in PE 	Consistently meets the physical demands of activities Apply principles of training to improve performance Knowledge of PA to support social and mental wellbeing

PHYSICAL EDUCATION Year 7



PHYSICAL EDUCATION Year 8



PHYSICAL EDUCATION Year 9

