

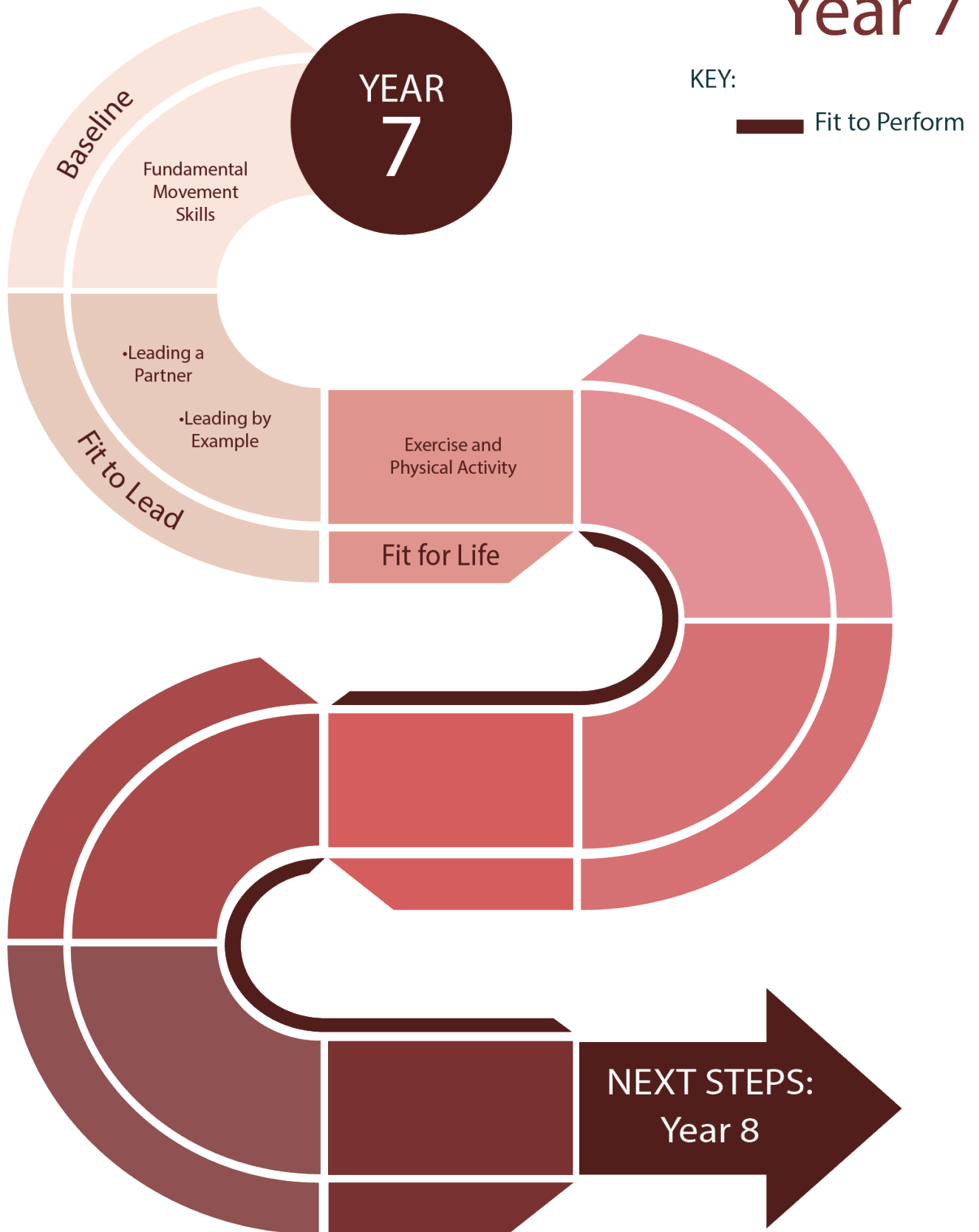


PHYSICAL EDUCATION

COMPONENT	YEAR 7	YEAR 8	YEAR 9
Fit to Perform	Edit Text Box	Edit Text Box	Edit Text Box
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	Edit Text Box	Edit Text Box	Edit Text Box
Embedded Throughout	Fit to Lead	<ul style="list-style-type: none"> •Leads in pairs/small teams. Verbal and non-verbal communication 	<ul style="list-style-type: none"> •Leadership and officiating roles in games. Use STEP principle to adapt activities
	Fit for Life	<ul style="list-style-type: none"> •Short periods of sustained exercise •Can conduct their own warm-up •Knows how PA contributes to a balanced lifestyle 	<ul style="list-style-type: none"> •Use components of fitness to improve wellbeing •Knowledge of basic anatomy •Knowledge of basic nutrition and hydration in PE

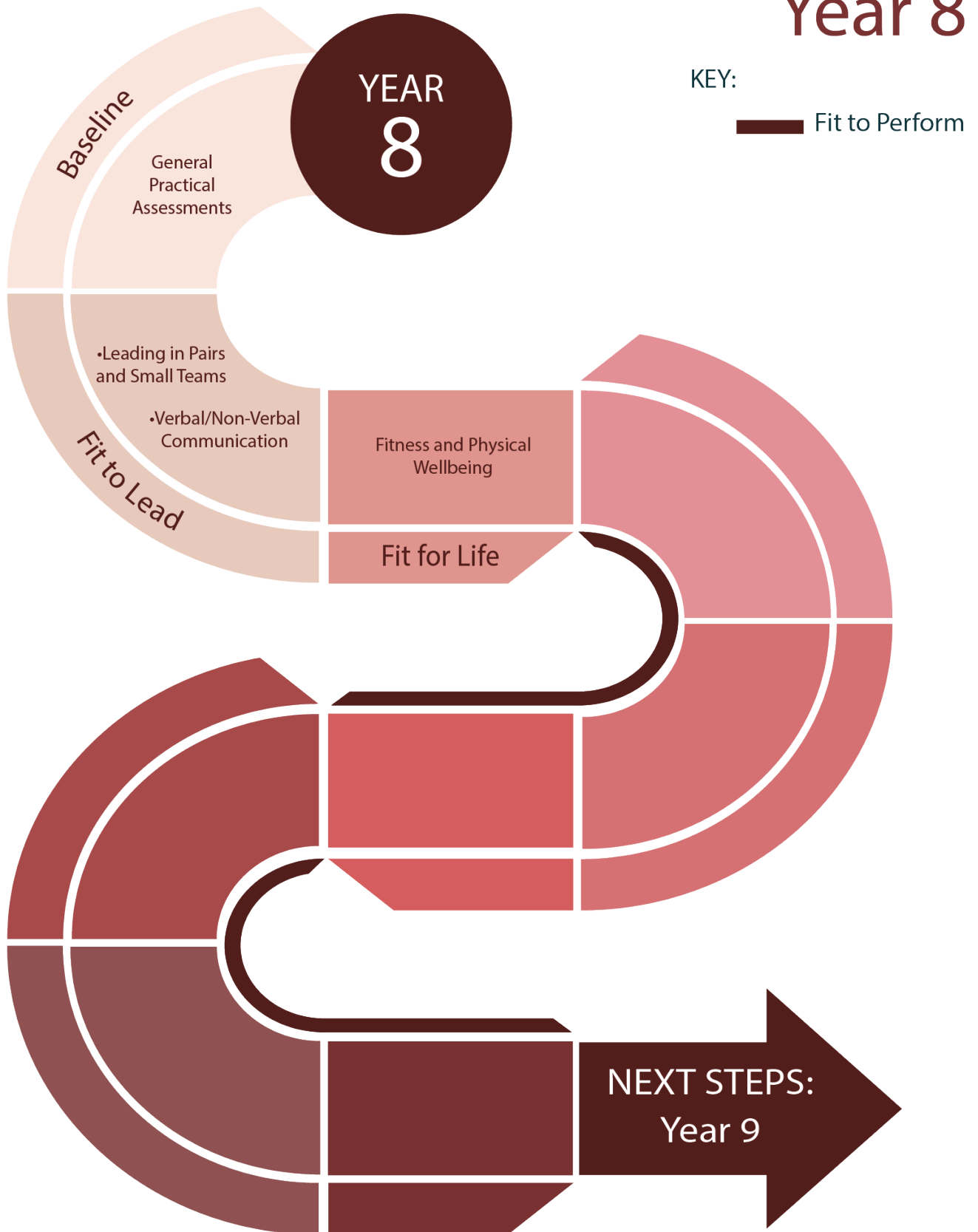
PHYSICAL EDUCATION

Year 7



PHYSICAL EDUCATION

Year 8



PHYSICAL EDUCATION

Year 9

