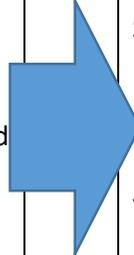


# Year 7,8 and 9 Curriculum map: Your PE journey

<p>In Year 7 in your PE lessons you will be given the following learning opportunities:</p> <p>Cycle training and Problem solving Football and Basketball Handball and Tag Rugby Table tennis Athletics and Indoor Rowing Gymnastics and Dance Combat sports introduction Para and Inclusion sports Opportunity to choose</p> <p>You will learn how to prepare for physical activity safely. You will also learn about the short term responses to physical activity and the long term adaptations your body will make if you are regularly involved in physical activity</p> <p>You will learn about the Components of fitness and the importance of following a Healthy, active lifestyle</p>		<p>In Year 8 in your PE lessons you will be given the following learning opportunities:</p> <p>Mountain biking (Y8 or Y9) Football and Hockey Table tennis and Badminton Athletics and Indoor Rowing Basketball Gymnastics or Dance Indoor Rowing Combat sports (Y8 or Y9) Training to improve performance</p> <p>In addition, to your learning in year 7 you will learn about the different methods and principles of training.</p> <p>You will also learn about the composition and importance of a Healthy, balanced diet</p> <p>During year 8 you will be given the opportunity to follow a course in either GCSE PE or BTEC Level 2 PE</p>		<p>In Year 9 in your PE lessons you will be given the following learning opportunities:</p> <p>Mountain biking (Y8 or Y9) Football Volleyball Table tennis / Badminton Athletics Basketball Methods of training Combat sports (Y8 or Y9) Sports leadership</p> <p>In addition, you will learn how to organise and implement a Personal Exercise Plan.</p> <p>You will learn how to explain the importance of living a Healthy, active lifestyle and explain some of the lifestyle choices that would reduce health.</p> <p>You will increase your confidence and ability to lead others in physical activity and sport</p>
<p><b>In all activities you will have the opportunity to compete with others and to improve your personal bests</b></p>				
<p><b>You can extend your knowledge, understanding and experience by increasing your involvement in the Extracurricular programme</b></p>				