

KS3 CORE PE



BASIC SKILLS, **TECHNIQUES & TACTIC PULSE** TRAINING FOR **AGILITY &** TO SUIT THE ACTIVITY **ENDURANCE RAISERS BALANCE** COORDINATION **IMPROVEMENT COMPONENTS OF FITNESS** COMPONENTS **FLEXIBILITY** POWER & LEAD 1 REACTION **PAIR** STRETCHING **COMPONENT COMPONENTS** OF WARM-UPS SPEED TIME (WITH SUPPORT) WITH ACTIVITIES LINK TEST TO REACTION **DIFFERENT COMPONENTS** MEASURE COORDINATION TIME **STRETCHING** FITNESS TESTS TIMED TESTS **OF WARM-UPS FITNESS TESTING MOBILISATION** LEAD 1 **PULSE FLEXIBILITY MULTI STAGE** BASIC SKILLS, **COMPONENT** RAISER **TECHNIQUES & TACTIC** (WITH SUPPORT) TO SUIT THE ACTIVITY BASIC SKILLS, LEAD 1 LINK TEST TO **COMPONENTS TECHNIQUES & TACTIC PULSE** COMPONENT TRAINING FOR **MEASURE OF WARM-UPS** TO SUIT THE ACTIVITY RAISER (WITH SUPPORT) **IMPROVEMENT** FITNESS TESTING COMPONENTS OF FITNESS **COMPONENTS** LEAD 1 **MOBILISATION** BASIC SKILLS **PAIR STRETCHING COMPONENTS COMPONENT TECHNIQUES & TACTIC OF WARM-UPS** (WITH SUPPORT) TO SUIT THE ACTIVITY WITH ACTIVITIES **DESCRIBE** TRAINING FOR **DEFINITIONS OF** COMPONENTS **IMPROVEMENT** STRETCHING **ENDURANCE COMPONENTS OF WARM-UPS** FLEXIBILITY **COMPONENTS OF FITNESS SPRINTS PULSE MOBILISATION PAIR** LEAD 2 **AGILITY &** ADVANCED SKILLS. **COMPONENTS RAISERS TECHNIQUES & TACTIC** COMPONENT **BALANCE** WITH ACTIVITIES (WITHOUT TO SUIT THE ACTIVITY SUPPORT) ADVANCED SKILLS, **TECHNIQUES & TACTIC PULSE REACTION** LINK TEST TO **MULTI STAGE FLEXIBILITY RAISER** TO SUIT THE ACTIVITY TIME **MEASURE** TIMED TESTS **FITNESS TESTING** DESCRIBE **MOBILISATION** COORDINATION STRETCHING LEAD 2 **COMPONENTS** COMPONENT OF WARM-UPS (WITHOUT SUPPORT) DESCRIBE **DESCRIBE** ADVANCED SKILLS. **PAIR DEFINITIONS OF COMPONENTS COMPONENTS COMPONENTS TECHNIQUES & TACTIC OF WARM-UPS OF WARM-UPS** WITH ACTIVITIES COMPONENTS TO SUIT THE ACTIVITY **COMPONENTS OF FITNESS FITNESS TESTING** ADVANCED SKILLS, LINK TEST TO TRAINING FOR DIFFERENT LEAD 2 **IMPROVEMENT TECHNIQUES & TACTIC MEASURE** FITNESS TESTS COMPONENT TO SUIT THE ACTIVITY (WITHOUT SUPPORT) **EXPLAIN** LEAD ENTIRE WARM **PAIR COMPONENTS COMPONENTS ADVANTAGES & UP WITHOUT DISADVANTAGES OF WARM-UPS** WITH ACTIVITIES **SUPPORT** COMPONENTS OF FITNESS ADVANCED SKILLS **DEFINITIONS OF** TRAINING FOR **PHYSIOLOGICAL TECHNIQUES & TACTIC COMPONENTS IMPROVEMENT RESPONSES** TO SUIT THE ACTIVITY ADVANCED SKILLS, **PRACTICALITY TECHNIQUES & TACTIC LINK TEST TO PHYSIOLOGICAL MEASURE** OF EACH TEST **RESPONSES** TO SUIT THE ACTIVITY FITNESS TESTING **PURPOSE OF EXPLAIN HOW TO** LEAD ENTIRE WARM **EXPLAIN EQUIPMENT COMPONENTS CARRY OUT TESTS UP WITHOUT SUPPORT OF WARM-UPS** ADVANCED SKILLS. LEAD ENTIRE WARM LEAD ENTIRE WARM **UP WITHOUT PRACTICALITY TECHNIQUES & TACTIC UP WITHOUT ADVANTAGES &** OF EACH TEST TO SUIT THE ACTIVITY **SUPPORT DISADVANTAGES** SUPPORT FITNESS TESTING COMPONENTS OF FITNESS

TO SUIT THE ACTIVITY

PURPOSE OF

EQUIPMENT

EXPLAIN HOW TO

CARRY OUT TESTS

ADVANCED SKILLS,

TECHNIQUES & TACTIC

PHYSIOLOGICAL

RESPONSES

PROGRESS ONTO **YEAR 10 - KS4**

TRAINING FOR

IMPROVEMENT