

Inspire, Believe, Support, Achieve



## Year 7 to Year 11: Key content and skills - **PHYSICAL EDUCATION**

**Y11**

**CNAT Sport:** Continue to tackle complex and demanding physical activities. Students will get involved in a range of activities that develop personal fitness and promotes an active, healthy lifestyle.

**Y10**

**CNAT Sport:** Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.

**Y9**

Develop their technique and improve their performance in other competitive sports.  
Take part in activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems.

**Y8**

Use a range of tactics and strategies to overcome opponents in direct competition.  
Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

Please see separate document for Year 7