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| **KS3** | **Cross Country** |
| **Overview of topic:**  Students will be taught the fundamentals of Cross Country. Working individually, in pairs, small groups and in teams. Students will reflect on their learning and others. | |
| **Core Skills, to include:**  Starting  Finishing  Posture  Leg action  Arm action  Head carriage  Hill running  • Ascending  • Descending | **Advanced skills, to include:**  Leg action:  • Foot strike  • Cadence  Stride pattern  Pacing |
| **Key vocabulary:**  **Tier 2**   * **Starting** * **Finishing** * **Tactics** * **Cardiovascular** * **Respiratory system**   **Tier 3**   * **Posture** * **Leg action** * **Arm action** * **Stride/ stride length** * **Pacing** * **Energy systems** * **Lactic acid** * **Aerobic / anaerobic** | **Decision making and tactical awareness, to include:**  • Pre-race tactics  • Changing and adapting your race tactics  • Positioning in the field, where to run in the  pack, when to lead and when to follow (where  appropriate)  • Timing of kicking for the finish line  • Adjusting for terrain and conditions  • Awareness of the rules and regulations of the  event and their application (including officials  commands / signals) |
| **Co-curricular opportunities:**  School practise  School teams / district team  Links to local clubs | **Key reading skills taught *(clarify, question, summarise, predict)* and key texts:**  Clarify and summarise |
| **How can I use this information at home?**   * Conversation starters with your children to discuss their learning * Support your child in carrying out independent research around the topic * Visit your local library (or BorrowBox), museums, or other locations to explore the topic * Promote books/other texts that explore this topic (see reading section) * Help your child to learn the key vocabulary | |