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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:** StartingFinishingPostureLeg actionArm actionHead carriageHill running• Ascending• Descending | **Advanced skills, to include:**Leg action:• Foot strike• CadenceStride patternPacing |
| **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 thepack, when to lead and when to follow (whereappropriate)• Timing of kicking for the finish line• Adjusting for terrain and conditions• Awareness of the rules and regulations of theevent and their application (including officialscommands / signals) |
| **Co-curricular opportunities:**School practise School teams / district teamLinks 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
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