# PROMOTING CROSS CURRICULAR THEMES IN PHYSICAL EDUCATION

1. When looking at running for distance, pupils discuss and record how the activity made them feel. Cue words could include:
   1. Hot
   2. Tired
   3. Breathing faster
   4. Heart beating faster

Through this activity they develop their understanding of the impact of exercise on their body (Science).

1. Pupils could also be asked to record their breathing and heart rate whilst completing different activities. They can use the data they collect to produce graphs. Pupils develop their understanding of how different activities impact on their breathing and heart rates (Science) as well as collecting data that they can then use (Mathematics) and display (ICT)
2. In sport education, pupils develop writing skills as a result of having to provide match reports, referee reports, personal evaluations of performance (English, ICT). As well as developing literacy skills, pupils also develop reflexive (English) and target setting skills as they identify their own strengths and areas for development, before identifying targets for development (Personal Development).
3. In athletics, pupils develop their ability to predict, estimate, measure using stop watches or tape measure to record performances (Mathematics). They can then manipulate the data to produce graphs / performance records (ICT).
4. When providing feedback to partners (see reciprocal cards) pupils develop communication skills (Literacy), as well of an understanding of how feedback can be given to support learning.