

YEAR
9

Year 9 –
Further developments within
performance, learning and
knowledge & understanding



Reflect on the
year and set
self targets for
the year to
come ahead



Learning Journey Key

Theory

T1-T6 Terms

Test



T6 – Theory Catch Up and retrieval



Year 8 Theory -
Skeletal System Functions
Muscular System Functions
Cardiovascular System Functions
Respiratory System Functions
Principles of Training



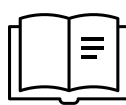
T6 – Striking & Fielding: Rounders, Cricket, Softball and Stoolball

T6



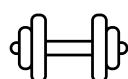
T5 – Athletics: Track & Field

T5



Theory – Principles of Training

Name the principles of training and be
able to give a definition and sports
example



T4

T4 – Fitness, Net Games, Gymnastics



Theory – Respiratory System

Functions of the respiratory system



T3 – Fitness, Net Games, Gymnastics

T3



Theory – Cardiovascular System

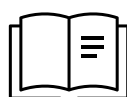
Functions of the cardiovascular
system



T2

T2 – Invasion Games : Football, Netball, Basketball

T2 – Aesthetics: Trampolining



Theory – Muscular System

Functions of the muscular system



Induction:
PE

Assessment of practical
Standards and protocols
reinforced

T1 – Invasion Games : Football, Netball, Basketball

T1 – Aesthetics: Trampolining

T1



Theory – Skeletal System

Functions of the skeletal system



YEAR
8