

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

Make decisions on your next steps

YEAR 10

Year 10 –  
Level 1/2 Technical Award in Health & Fitness  
GCSE Physical Education



Physical Education

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



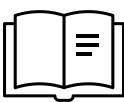
T6 – Striking & Fielding: Rounders, Cricket, Softball and Stoolball

T6



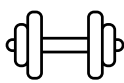
T5 – Athletics: Track & Field

T5



Theory – Methods of Training

Name the methods of training and be able to give a definition and sporting example of when used



T4

T4 – Fitness, Net Games, Gymnastics



Theory – Respiratory System

Short and long term effects of exercise on the system



T3 – Fitness, Net Games, Gymnastics

T3



Theory – Cardiovascular System

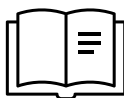
Short and long term effects of exercise on the system



T2

T2 – Invasion Games : Football, Netball, Basketball

T2 – Aesthetics: Trampolining



Theory – Muscular System

Short and long term effects of exercise on the system



Induction:  
PE

Assessment of practical  
Standards and protocols  
reinforced

T1 – Invasion Games : Football, Netball, Basketball

T1 – Aesthetics: Trampolining

T1



Theory – Skeletal System

Short and long term effects of exercise on the system



YEAR 9

Be Kind. Be Confident. Be Ambitious.