



YEAR 10 GCSE PE LEARNING JOURNEY

Y10

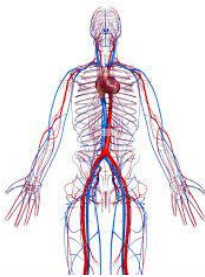
Skeletal System



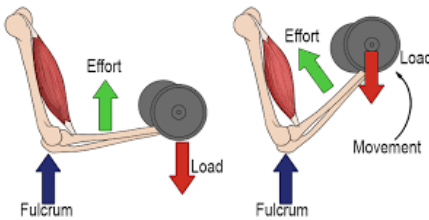
Muscular System



Cardiovascular System



Movement Analysis



Respiratory System



Effects of Exercise



Fitness Testing



Components of Fitness



Types of Training



Principles of Training



Y11

Injury Prevention

Be Ready, Be Respectful, Be Responsible- inspiring excellence



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Engagement Patterns

Commercialisation



Sports Psychology

Ethics, Drugs and Violence in Sport



Classification of skill

Guidance and feedback



Diet and Nutrition

Health, fitness and well-being



Analysis and evaluation of performance

Revision



FURTHER
EDUCATION

Exam

Be Ready, Be Respectful, Be Responsible- inspiring excellence