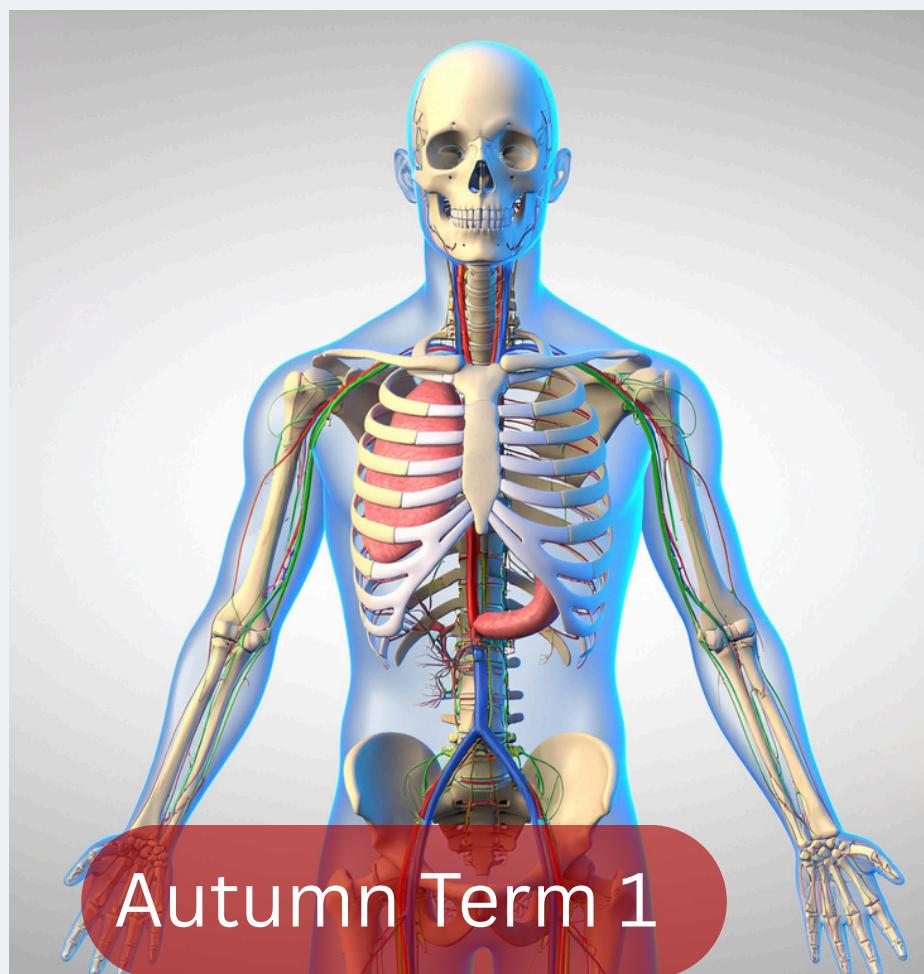


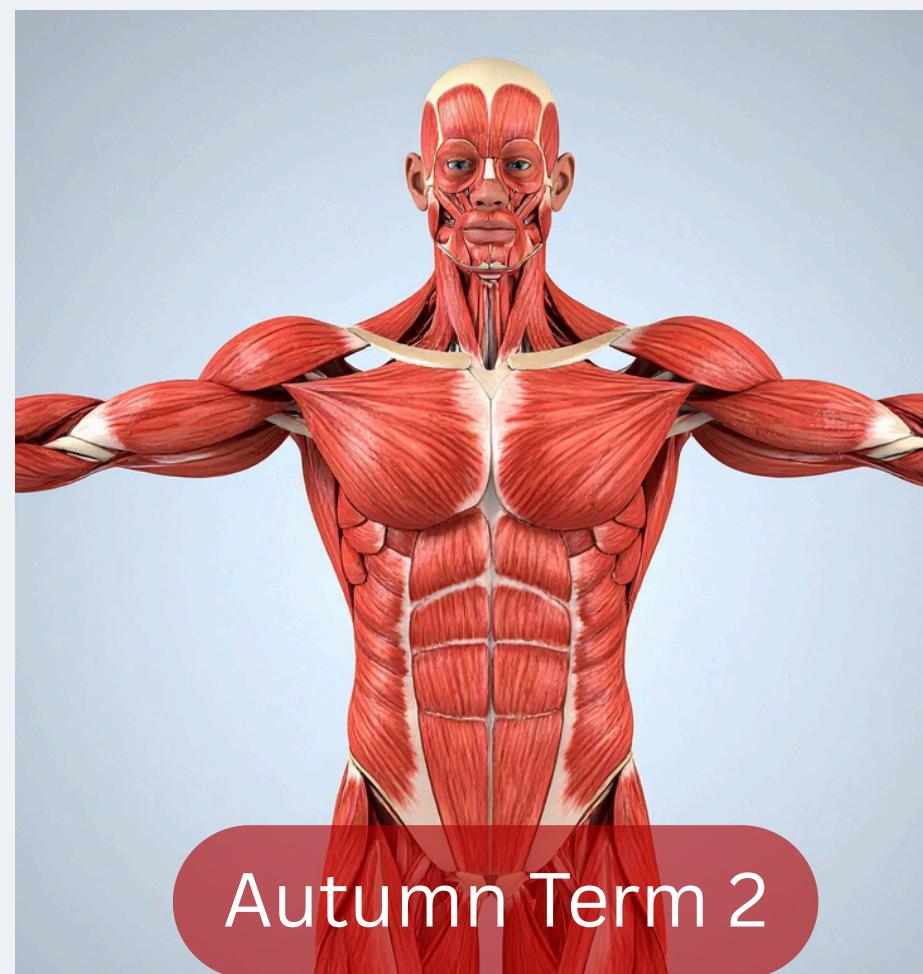
YEAR 10 LEARNING JOURNEY INFORMATION

PE NCFE

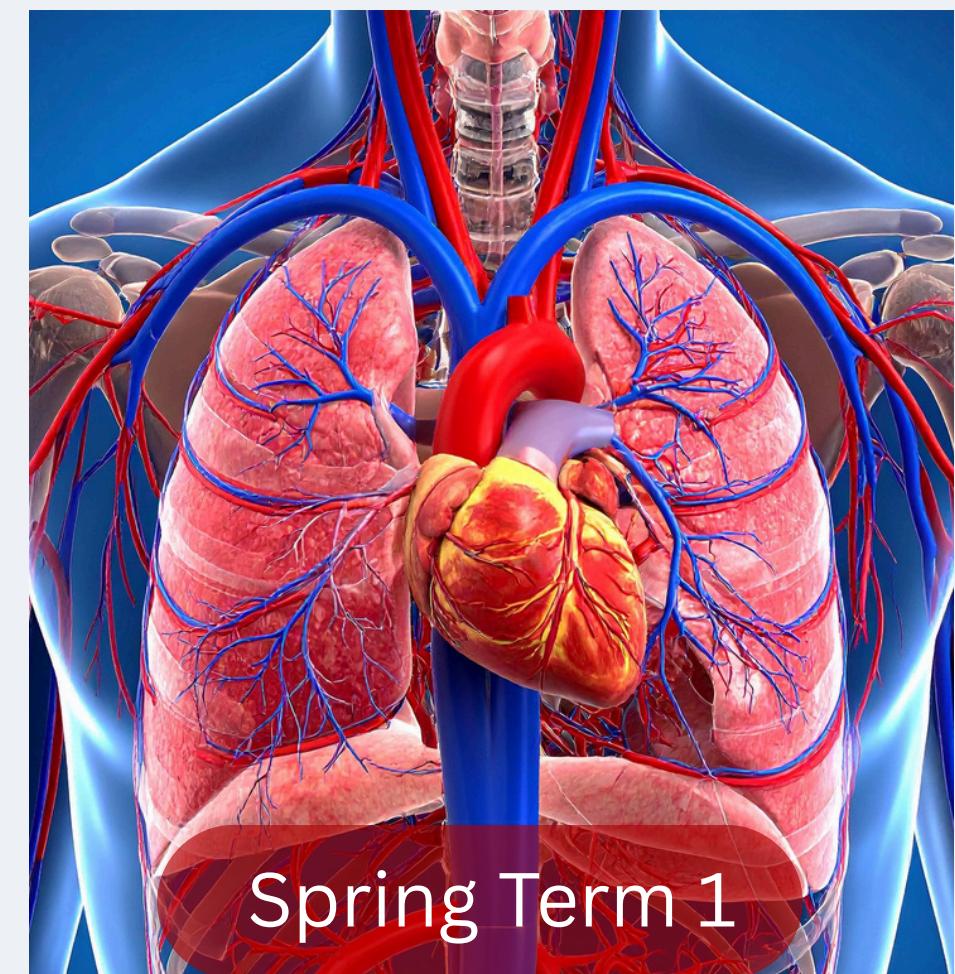
Skeletal System



Muscular System



Respiratory System



KNOWLEDGE Students will develop understanding, and be made aware of at all aspects of the Skeletal system. Students will understand the workings of the Skeletal system and how it helps the body to function.

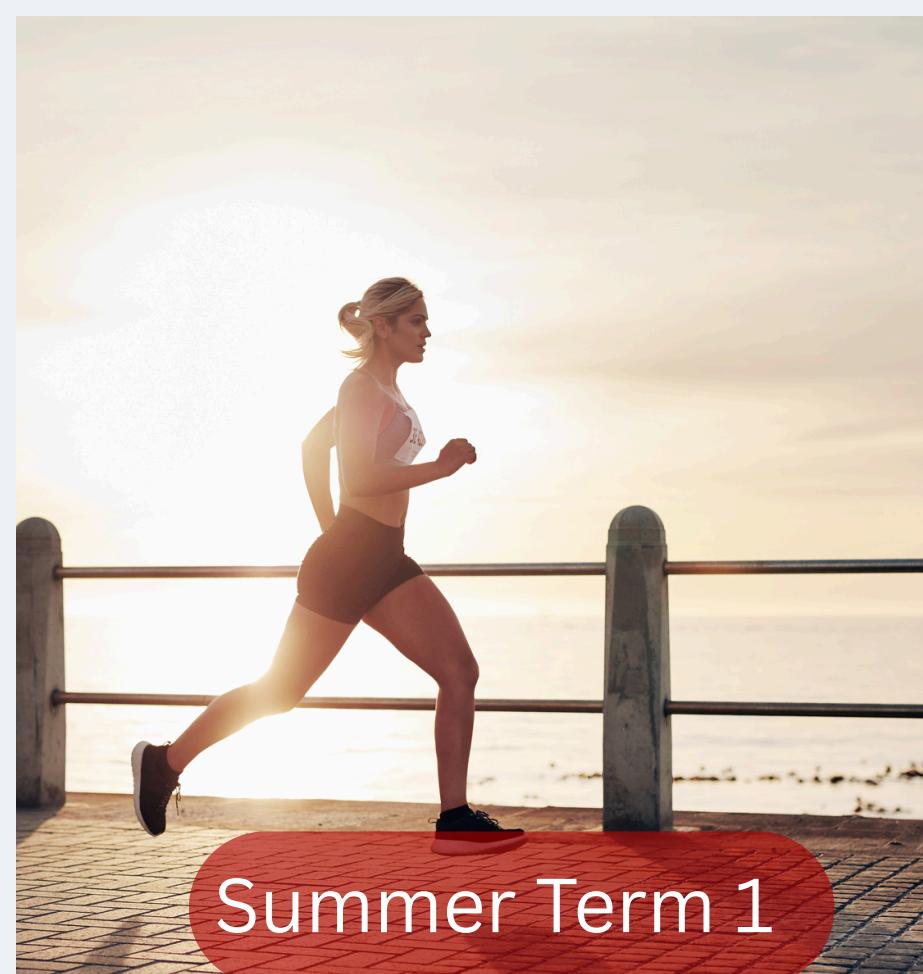
KNOWLEDGE Students will develop understanding, and be made aware of at all aspects of the Muscular system. Students will understand the workings of the Muscular system and how it helps the body to function.

KNOWLEDGE Students will develop understanding, and be made aware of at all aspects of the Respiratory system. Students will understand the workings of the Respiratory system and how it helps the body to function.

Cardiovascular system



Types of Training and Principles of Training



Goal Setting



KNOWLEDGE Students will develop understanding, and be made aware of at all aspects of the Cardiovascular system. Students will understand the workings of the Cardiovascular system and how it helps the body to function.

Students will look at all aspects of the Training system. Looking at how we can effectively use training methods to develop performance.

Students will look at all aspects of Goal setting. Looking at how target setting can effect our performance in Sport.