A Guide to your Physical Education Learning Journey

Christ the King College

Go to university to enhance your studies and get a degree

Start a degree level apprenticeship

Continue your lifelong love of learning and personal development

Take a gap year, travel the world and embrace new cultures

YEAR 13

Sports Leadership

Investigating Business in sport and the active leisure industry

Sport Psychology

Practical Sports performance

Professional development in the sports industry

Skill acquisition in sport

Application of fitness testing

YEAR 12

Practical Performance

Options: GCSE PE

YEAR 10+11 GCSE PE

Fitness and body systems

Health and Performance

Anatomy and Physiology

Fitness training and programming for Health, Sport and wellbeing

Options: BTEC Sport

YEAR 10+11 BTEC Sport

Applying the Principles of Sport and Activity

The Principles of Training, Nutrition and Psychology for Sport and Activity

Understand the Body and the Supporting Technology for Sport and Activity

Core PE

YEAR 11

Can locate the Biceps , Triceps , Quadriceps, and Gastrocnemius, Hamstring

Plan practices to improve my and other performance

Plan and lead an effective warm up

Show control and quality of movement

Select appropriate tactics to bring about change in performance

Attend and consider the subjects at options evening

YEAR 9

Identify strengths and weaknesses in a performance

Identify Components of Health and Fitness

Demonstrate skills in competitive situations

Capitalise of some of my opponents mistakes

Understand key terms in a variety of sports

YEAR 8

How to take pulse rate and its relevance to exercise

Demonstrate control in practise situations

Baseline testing

Can locate the Bicep, Tricep, Quadriceps and Gastrocnemius in the body

Make a choice on what teams/clubs you would like to join this year

YEAR 7

welcome

Can locate the Bicep, Tricep and Quadriceps in the body

Orienteering and team work

Perform basic skills in isolation

'I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME' PHILIPPIANS