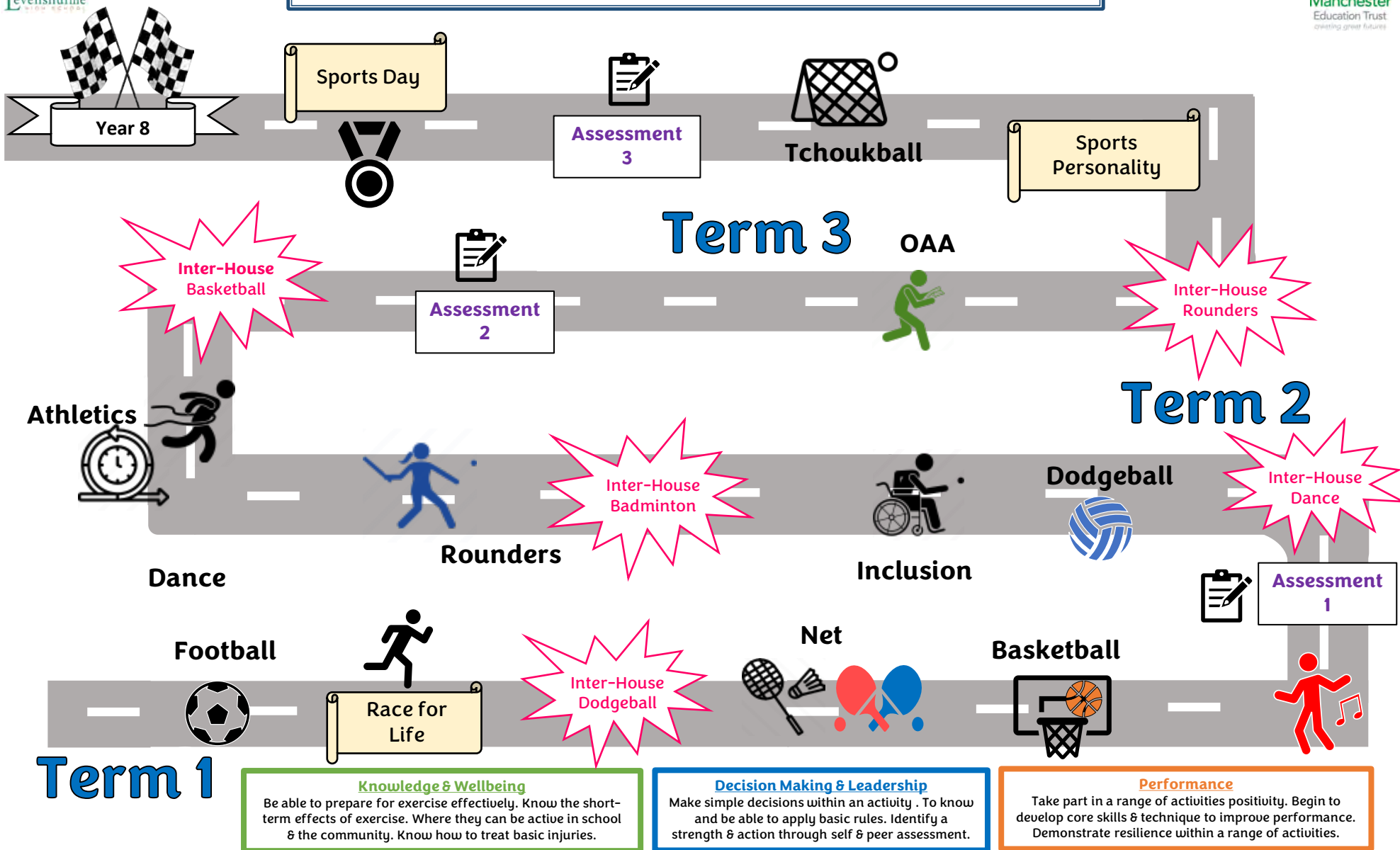
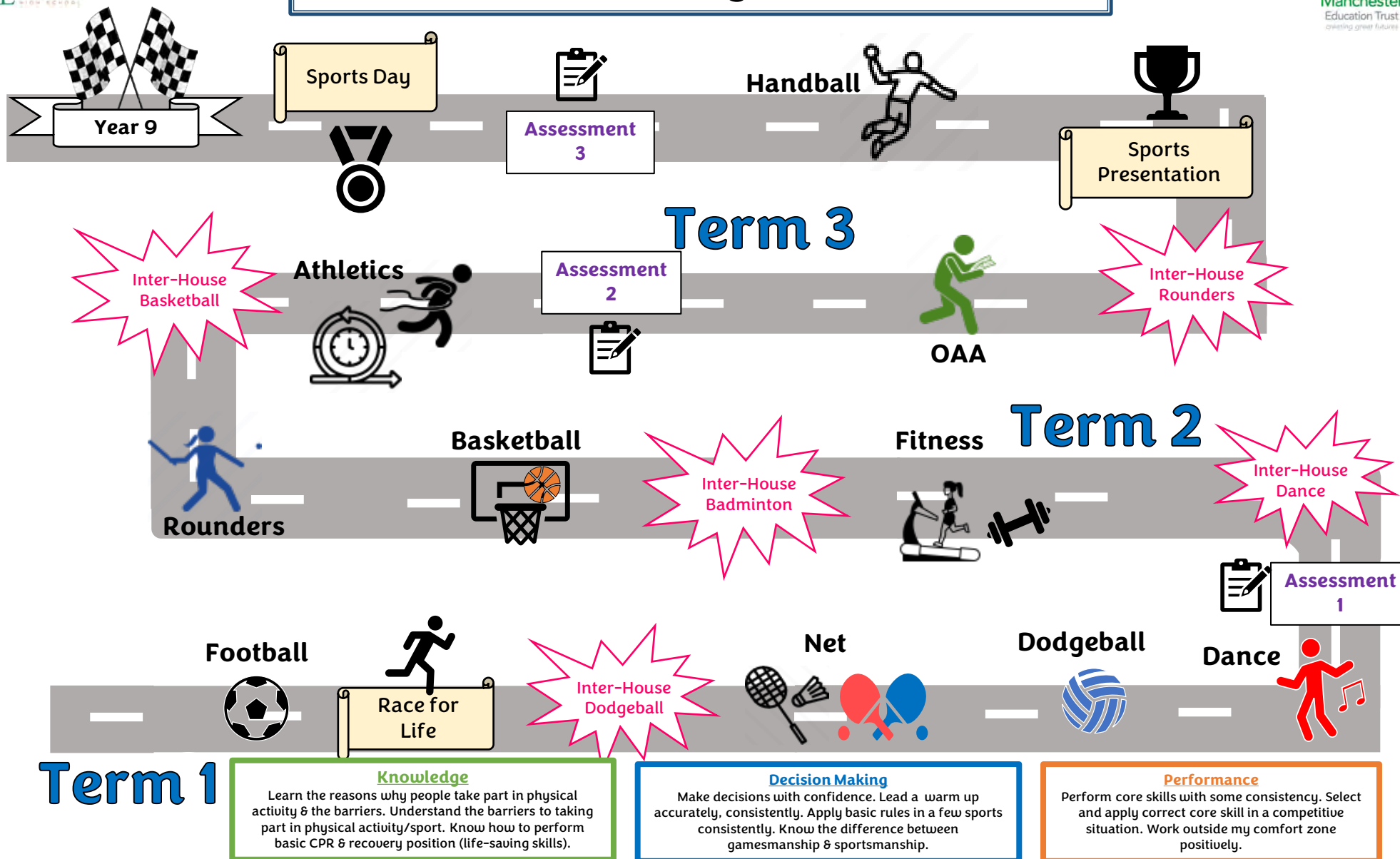


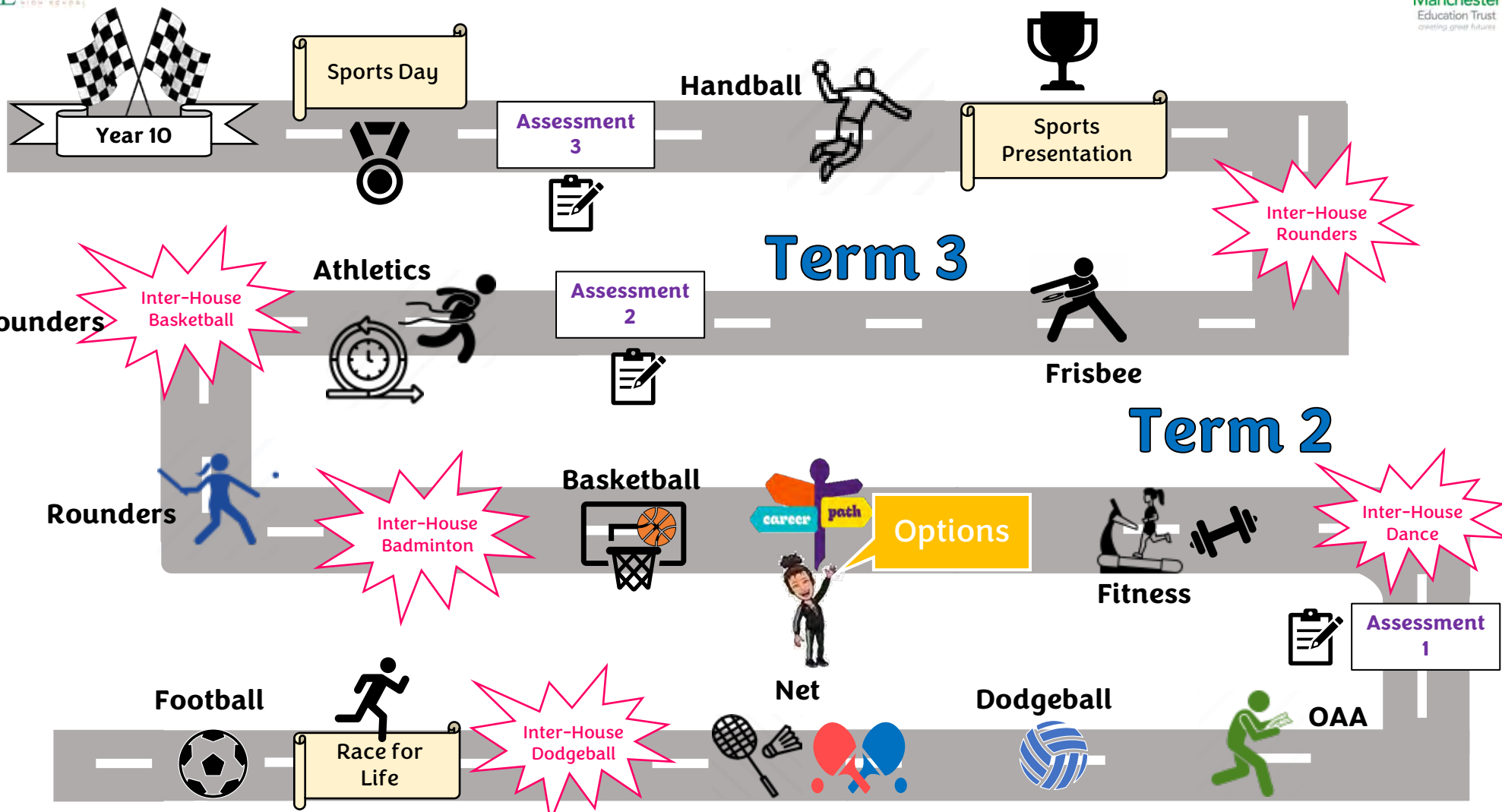
Year 7 Journey in Core PE



Year 8 Journey in Core PE



Year 9 Journey in Core PE



Knowledge

Know & describe which components of fitness in sport. Identify & explain 7 components of a balanced diet and apply. Be able to set a realistic lifestyle goal.

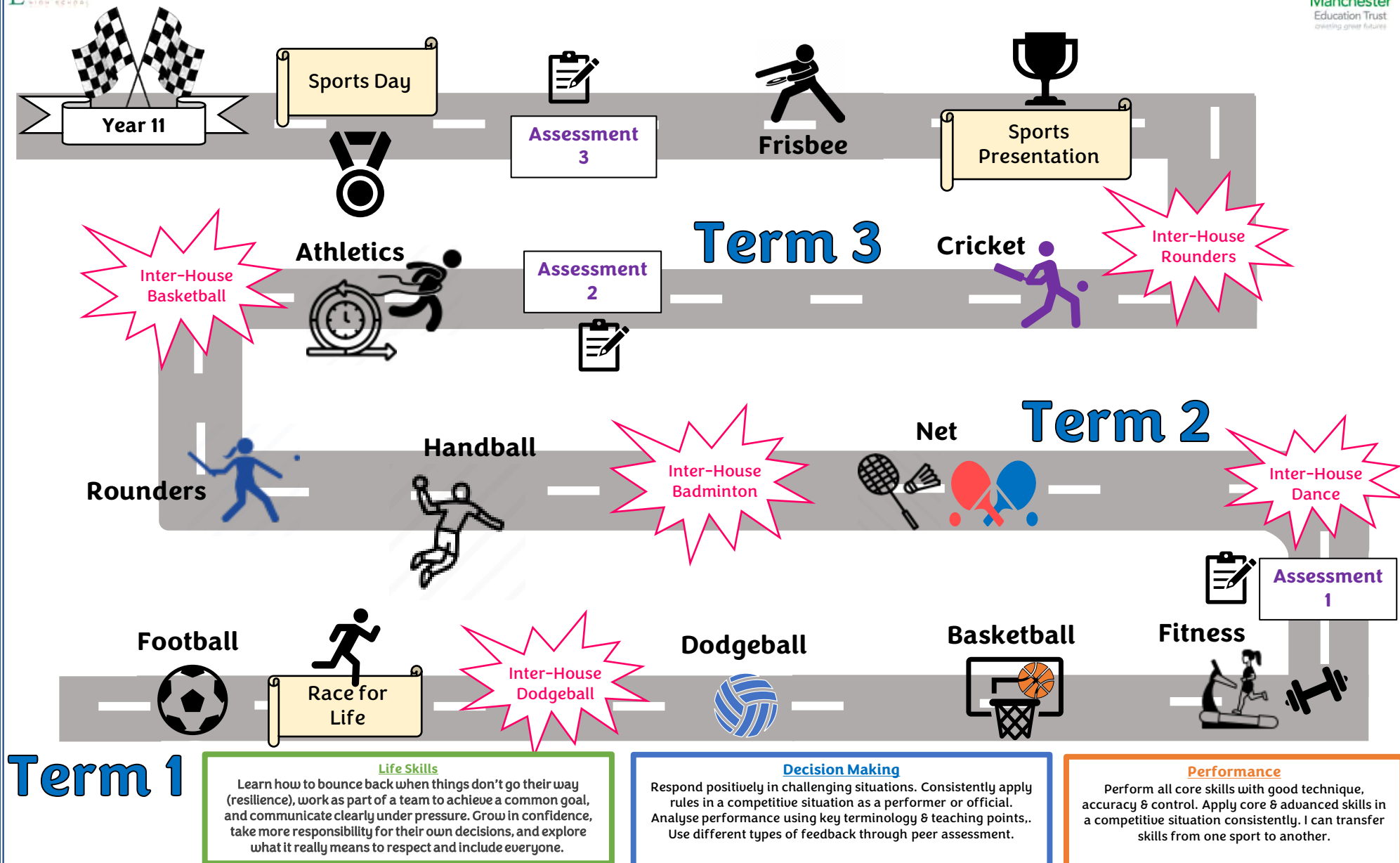
Decision Making

Apply rules in a competitive situation.. Solve problems effectively using tactics. Describe strengths & actions in skills using key terminology, & different types of feedback through peer assessment.

Performance

Select & core skills in a competitive situation with some accuracy, & control. Apply core skills & tactics to positively impact my performance. Perform at maximal levels.

Year 10 Journey in Core PE



Year 11 Journey in Core PE

