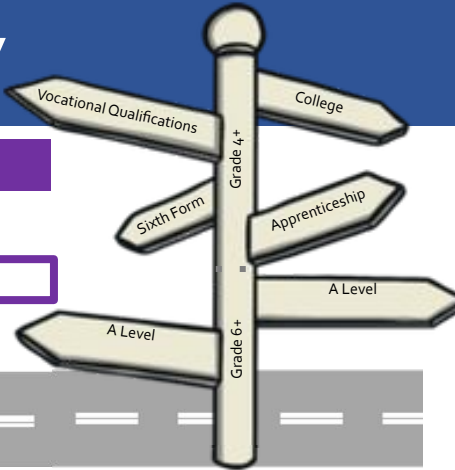




Buckler's Mead Academy P.E. Learning Journey



Strike/Field      Invasion      Net Games

LO3 - How to apply health and fitness analysis and set goals

Understand the structure of a health and fitness programme

Creative (Aesthetic)

Leadership

NCFE in Health and Fitness Preparing and planning for health and fitness  
Application of skills, tactic, rules, regulations in small and full sided games, leadership in Core PE - ENJOYMENT and PARTICIPATION

Lo1 - Impact of lifestyle on health and fitness

Lo2 - How to test and develop components of fitness

Year 11

Unit 1LO1 –Structure and functions of the body systems

NCFE in Health and Fitness Introduction to body systems and principles of training in health and fitness  
Application of skills, tactic, rules, regulations, leadership in Core PE - ENJOYMENT and PARTICIPATION

Unit 1LO2 – Effects of health and fitness activities on the body

Unit 1LO3 – Understand health, fitness and components of fitness

Unit 1LO4– Understand the principles of training

Year 10

Creative (Aesthetic)

Invasion Games

Net Games

Individual (Athletics/Fitness)

Strike/Field

Strike/Field

Invasion Games

Creative (Aesthetic)

Application of Skills and Tactics in Full-Sided Competition , Rules & Regulations, Leadership & Assessment, Principles of Training & Fitness Components

Individual (Athletics/Fitness)

Net Games

Year 9

Strike/Field

Individual (Athletics/Fitness)

Invasion Games

Net Games

Creative (Aesthetic)

Application of Skills and Tactics in Small-Sided Competition , Rules & Regulations, Leadership & Assessment, Training Methods & Fitness Components

Year 8

Skills & Tactics in Isolation, Rules & Regulations, Leadership & Assessment, Warm Up/Cool Down & Fitness Components

Strike/Field

Net Games

Invasion Games

Year 7

Individual (Athletics/Fitness)

Creative (Aesthetic)

KS2