PE KS3 Learning Journey

Springwood High School

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Football, Aesthetics, Rugby, Handball, Basketball, Fitness
Long term effects of exercise on the cardio-respiratory system

Aesthetics, Athletics, Tennis, Strike & Field
Diet: sources and functions

Aesthetics, Athletics, Tennis, Strike & Field
Consequences of a sedentary lifestyle

Assessment

Aesthetics, Basketball, Fitness, Football, Hand/Netball, Rugby
Long term effects of exercise on the musculo-skeletal system

Aesthetics, Basketball, Fitness, Football, Hand/Netball, Rugby
Thresholds of training

Aesthetics, Basketball, Fitness, Football, Hand/Netball, Rugby
Principles of training

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Aesthetics, Fitness, Football, Hockey, OAA
Fitness components and their practical application

Aesthetics, Athletics, OAA Strike & Field, Tennis
Fitness tests: method, purpose and results analysis

Assessment

Aesthetics, Athletics, Hockey, OAA Strike & Field, Tennis
Methods of training and the practical application

Aesthetics, Basketball, Football, Hockey, Hand/Netball, OAA, Rugby
Exercise intensities and the effects on heart rates

Aesthetics, Basketball, Football, Hockey, Hand/Netball, OAA, Rugby
Immediate effects of exercise on the cardio-respiratory system

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby
Immediate effects of exercise on the musculo-skeletal system

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Aesthetics, Fitness, Football, Hockey, OAA
Types of bones and their function in sport

Aesthetics, Athletics, OAA Strike & Field, Tennis
Types of joints and their movements

Assessment

Aesthetics, Athletics, Hockey, OAA Strike & Field, Tennis
Structure & function of a joint

Aesthetics, Basketball, Football, Hockey, Hand/Netball, OAA, Rugby
Function of the skeleton and names and locations of the bones

Aesthetics, Basketball, Football, Hockey, Hand/Netball, OAA, Rugby
Name & location of voluntary muscles

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby
Stages/principles of a warmup
Stages/principles of a cool down

West Norfolk Academies Trust