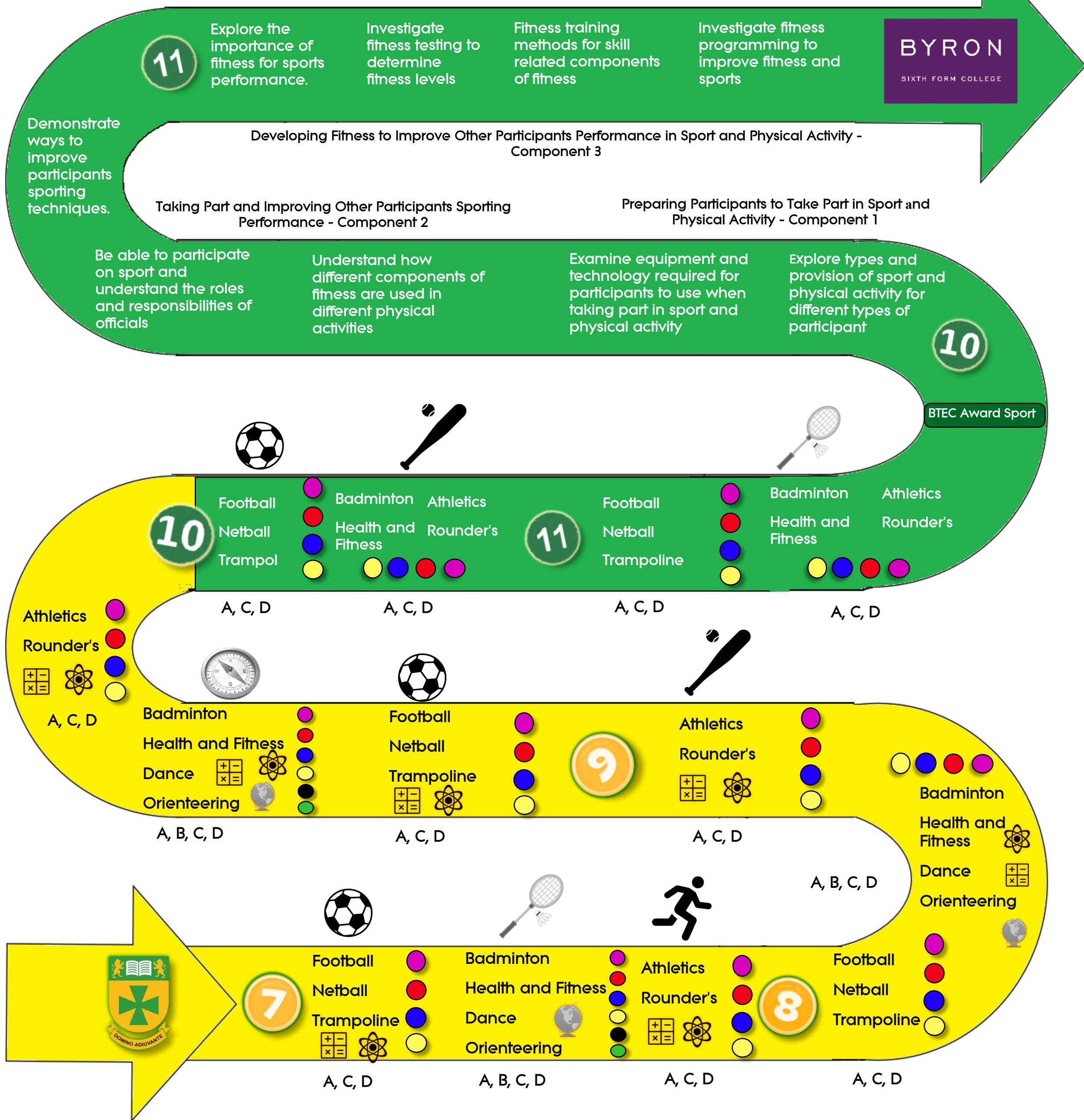




Physical Education Learning Journey



Curriculum Links											
ENG	English	Science	Geography	DT	MFL	MFL	PE	RE			
	Maths	History	ICT	Music	Art		Careers	PHSE			

Physical Education Content			
A	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	B	Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems
C	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	D	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best

Key Concepts			
Components of Fitness		Anatomy and Physiology	
Fitness Testing		Practical Sports Performance	
Fitness Training		Leadership	