The Montgomery Academy Physical Education Department **GCSE PE Learning Journey** Trampolining **Handball & Football** Badminton Netball **GCSE PE Paper 1:** GCSE PE Paper 1: GCSE PE Paper 1: GCSE PE Paper 1: **Cardiorespiratory System Planes and Axes** Principles of Training • / Warming Up and Cooling Down **Effects of Exercise** Y10 In class Assessments Y10 Exams DC2 DC1 YEAR YEAR GCSE PE Learning Journey

GCSE PE Paper 1:

Components of Fitness

GCSE PE Paper 1:

Lever Systems

GCSE PE Paper 1:

Optimise Training

NEA Section A

GCSE PE Paper 1

Musculoskeletal System

GCSE Paper 1:

Aerobic and Anaerobic Respiration

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GCSE PE Learning Journey



