The Montgomery Academy Physical Education Department

Learning Journey

YEAR 11

- Exams
- Diet, Nutrition & Hydration
- DC4 PREDICTED
- Consequences of a Sedentary Lifestyle
- Optimise Training
- Badminton
- Ethical & Socio-Cultural Issues
- Components of Fitness RO51 Revision
- Fitness
- Planes & Axes Lever Systems
- Effects of Exercise RO53 LO2
- DC2 FINALS #1
- Intrinsic & Extrinsic Motivation
- FINALS #1
- Aerobic & Anaerobic Respiration
- Aggression & Personality Types RO56 LO3
- Arousal & Stress Management Techniques
- Football
- Basic Information Processing Model
- DC1 CWA
- Guidance & Feedback RO56 LO2
- Netball
- Cardiorespiratory System
- Skill Classification
- Types of Goals and Goal Setting
- Diet, Nutrition & Hydration
- Rounders
- Arousal & Stress Management Techniques
- Basic Information Processing Model
- Skill Classification RO53 LO3 RO56 LO1
- Optimise Training
- Principles of Training & Training Methods
- NEA Section A RO53 LO1
- Rounders
- Softball
- Warming up & Cooling down Use of Data RO53 LO2
- Types of Goals and Goal Setting
- Guidance & Feedback RO53 LO4
- Netball
- Football
- Engagement Patterns
- Commercialisation
- Physical, Mental & Social Health & Wellbeing
- Dodgeball
- Physical, Mental & Social Health & Wellbeing RO56 LO2
- Ethical & Socio-Cultural Issues
- Football
- Basketball
- Commercialisation
- DC1 Assessment
- Diet, Nutrition & Hydration RO52 LO4
- Handball
- Cardiorespiratory System
- Basketball
- Badminton
- Musculoskeletal System
- Dodgeball
- Netball
- Football
- Rounders
- DC2 Assessment
- Cardiorespiratory System
- Drugs in Sport
- Softball
- Handball
- Rugby Union
- Fitness
- Handball
- Softball
- Netball
- Drugs in Sport
- Badminton
- DC2 Assessment
- Rounders
- Badminton
- DC1 Assessment
- Basketball
- Athletics
- Dodgeball
- Basketball
- Rounders
- DC2 Assessment
- Drugs in Sport
- Handball
- Musculoskeletal System
- Fitness
- Cardiorespiratory System
- Football
- Netball
- DC1 Assessment
- Rugby Union
- Dance
- Badminton
- Dodgeball
- Gymnastics
- Cardiorespiratory System
- Problem Solving
- Fitness
- Musculoskeletal System
- Softball
- Netball
- Handball
- Fitness
- Badminton
- Basketball
- Rounders
- Softball
- Dodgeball
- Basketball
- Netball
- Football
- Rounders
- Softball
- Handball
- Basketball
- Rugby Union
- Fitness
- Handball
- Softball
- Netball
- Badminton
- Dodgeball
- Gymnastics
- Cardiorespiratory System
- Problem Solving
- Fitness
- Musculoskeletal System

"The Only Subject That Makes Your Heart Race"