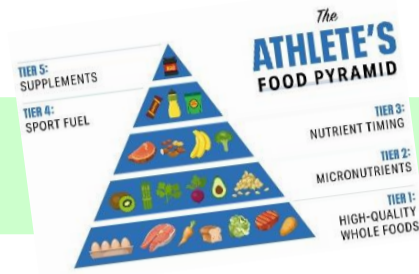
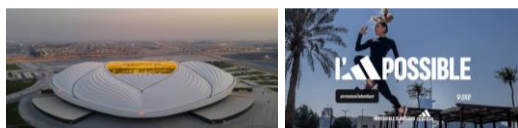


# GCSE PE Learning Journey



## Term 2:

Physical, social and emotional well-being are studied as students learn about what it means to be healthy and why a balanced diet is much more than just their 5-a-day.



## Term 1:

Why do footballers earn so much more than other sports performers and is this always a good thing? This term considers the social impact of sport and sporting behaviour.



## Term 1:

Sport psychology is introduced this term as students learn about the mental side of sport and the preparation that goes into performing at your best.



## Fitness Testing & Results

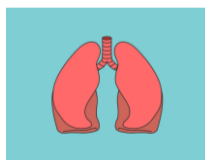
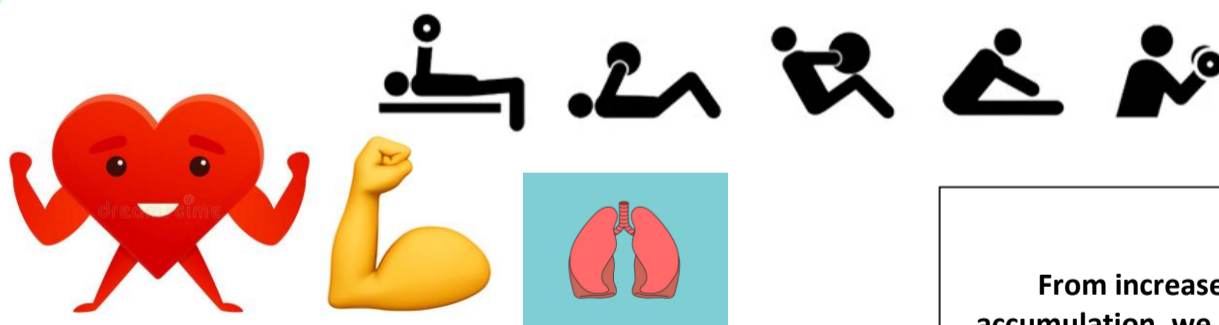


## Term 3:

In the summer term students complete their Non-Exam Assessment, analysing and evaluating performance in one sport and applying knowledge to a training programme.



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## Term 2:

From increased heart rates to lactate accumulation, we study the effects of exercise on the body and start to break movements down into planes, axes and lever systems.

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## Term 1:

This term is all about anatomy and physiology as our GCSE PE students get to grips with the anatomical names and locations of major bones and muscles, before diving into the structure and functions of the heart and lungs.

