## Physical Education KS3 Learning Journey

Aesthetics , Basketball, Football, Fitness, OAA, Badminton, Table Tennis Long term effects of exercise on the cardio-respiratory system **Problem Solving** 

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

Aesthetics, Athletics, OAA, Tennis, Strike & Field

Consequences of a sedentary lifestyle Power of Positivity

Assessment

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, **Badminton. Table Tennis** Long term effects of exercise on the musculoskeletal system

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, Badminton, Table Tennis Thresholds of training **Redefining Competition** 

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, Badminton, Table Tennis Principles of training **Sporting Values** 

Aesthetics . Basketball. Football. Fitness, OAA, Badminton, Table Tennis Fitness components and their practical

applications

**Emotional Intelligence** 

Aesthetics, Athletics, OAA, Tennis, Strike & Field

Fitness tests: method, purpose and results analysis

Aesthetics, Athletics, OAA, Tennis, Strike & Field

Methods of training and the practical application

Interpersonal Skills

Assessment

Assessment

Aesthetics . Basketball. Football. Hand/Netball, OAA, Rugby, **Badminton. Table Tennis** 

Exercise intensities and the effects on heart rates

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, Badminton, Table Tennis

Immediate effects of exercise on the cardio-respiratory system Resilience

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, Badminton, Table Tennis

Immediate effects of exercise on the musculoskeletal system Communication

Aesthetics, Basketball, Football, Fitness, OAA, Badminton, Table

Types of bones & their function in sport Motivation

Aesthetics, Athletics, OAA, Tennis, Strike & Field

Types of joints and their movements

Aesthetics, Athletics, OAA, Tennis, Strike & Field

Structure & Function of a joint

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, **Badminton. Table Tennis** 

of bones Knowledge & Understanding Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, **Badminton, Table Tennis** Name & location of voluntary muscles Confidence

Aesthetics, Basketball, Football, Hand/Netball, OAA, Rugby, **Badminton, Table Tennis** Stages / principles of a warm up Stages/ principles of cool down

Function of skeleton, name & location

Competence

