

Physical Education

Unit Six

Learning Aim A, B and C



Unit Three

Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives

Learning aim D: Review a personal fitness training programme



Unit Three

Learning aim A: Design a personal fitness training programme



Unit Three

Learning aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training



Unit Two

Learning aim C: Be able to review sports performance



Unit Two

Learning aim A: Understand the rules, regulations and scoring systems for selected sports



Unit Two

Learning aim A: Understand the rules, regulations and scoring systems for selected sports



Unit One

Learning aim C: Investigate fitness testing to determine fitness levels

Sit On Screen Exam



Unit One

Learning aim A: Know about the components of fitness and the principles of training

Learning aim B: Explore different fitness training methods



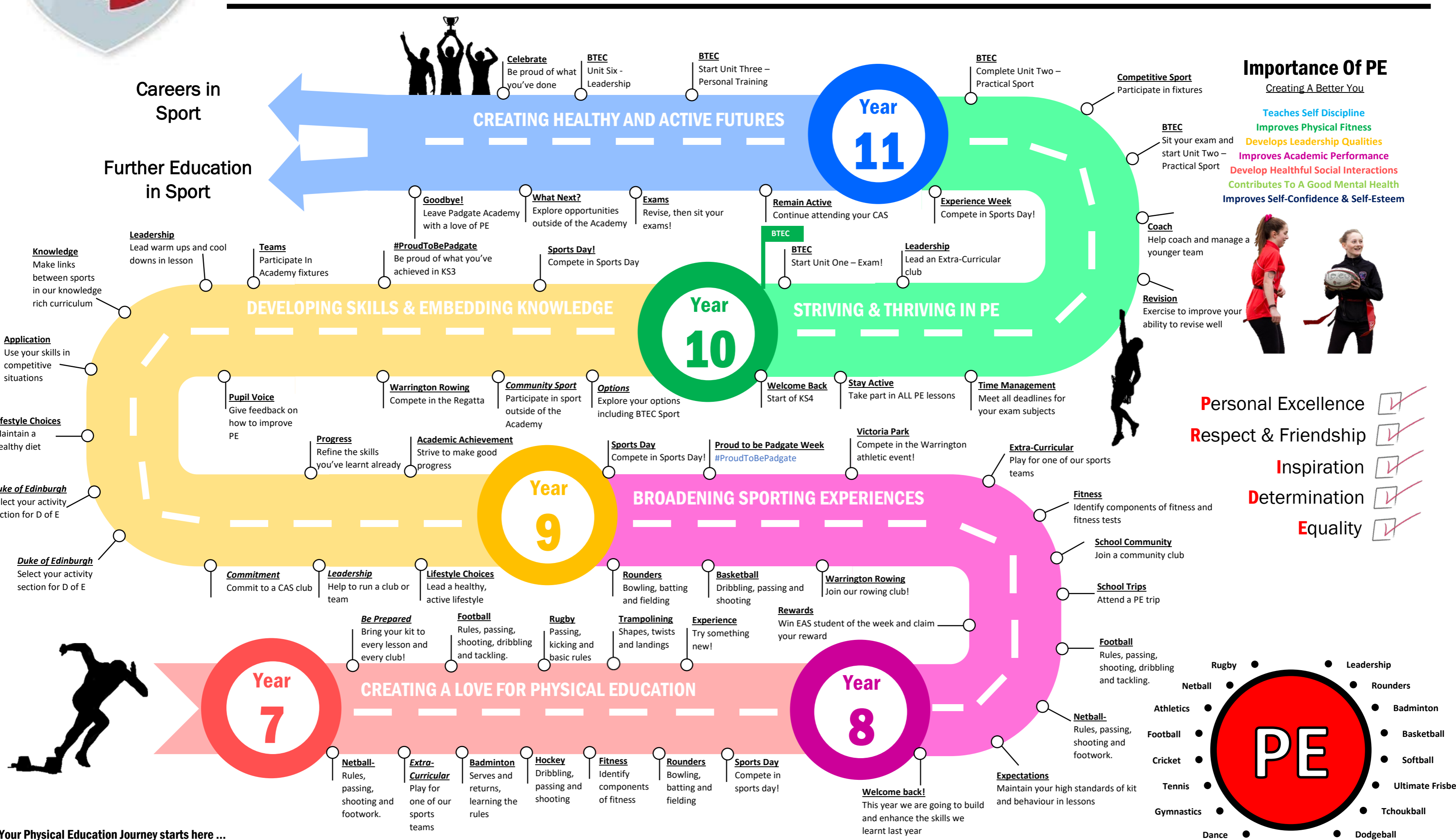
Course Introduction

- Content of the Course
- Behaviour Expectations
- Classroom Routines



Padgate Academy Physical Education Journey

Striving for a healthy, active and successful future



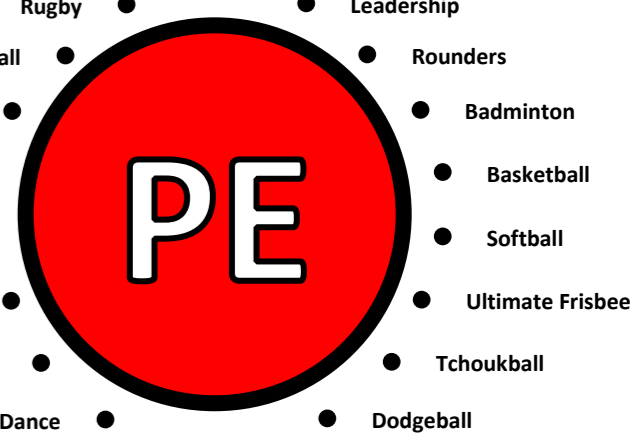
Importance Of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem



- Personal Excellence
- Respect & Friendship
- Inspiration
- Determination
- Equality



Your Physical Education Journey starts here ...