

Year 7 PE Roadmap



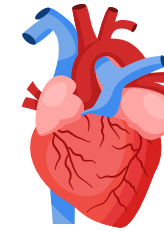
Muscles & Functions

Autumn 1



Bones & Functions

Autumn 2



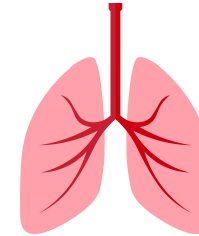
Functions of the Heart

Components of Fitness



Warm-up & Cool-downs

Spring 2



Breathing Mechanics

Spring 1

Summer 1



Short-term Effects of Exercise



Balanced Diet & Food Groups

Summer 2



Reasons for & Barriers to Participation



Physical, Social & Mental Wellbeing

Year 8

