

Year 8 PE Roadmap

Autumn 1

Muscle Movement

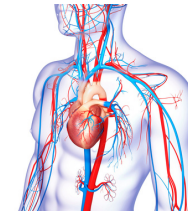


Autumn 2

Types of Joints & Movements



Blood Vessels & Blood Pressure



Benefits of Regular Exercise



Benefits of Warm-up and Cool-downs



FITT Principle & Training Methods



Spring 1

Spring 2

Summer 1

Nutrition for Performance



Goal Setting & Motivation



Qualities of a Leader



Types of Feedback



Summer 2

Year 9

