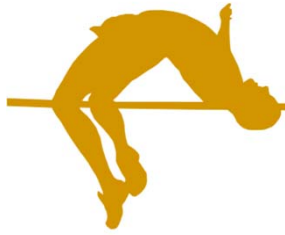




Year 8 PE Learning journey



ATHLETICS



Speed
Muscular endurance
Muscular strength
Power
Cardiovascular endurance

Aesthetic activities quiz

NETBALL

Agility
Coordination
Power



JULY



Cardiovascular endurance
Power
Agility

FOOTBALL



CRICKET

Reaction time
Coordination
Speed

Invasion games quiz



TENNIS

Coordination
Agility
Muscular endurance

Net/wall games quiz

Handball

Speed
Coordination
Agility



Balance
Flexibility
Coordination



Gymnastics



ROUNDERS

Coordination
Reaction time
Speed

Performing at maximum quiz

Striking and fielding quiz

TABLE TENNIS

- Coordination
- Reaction time
- Speed



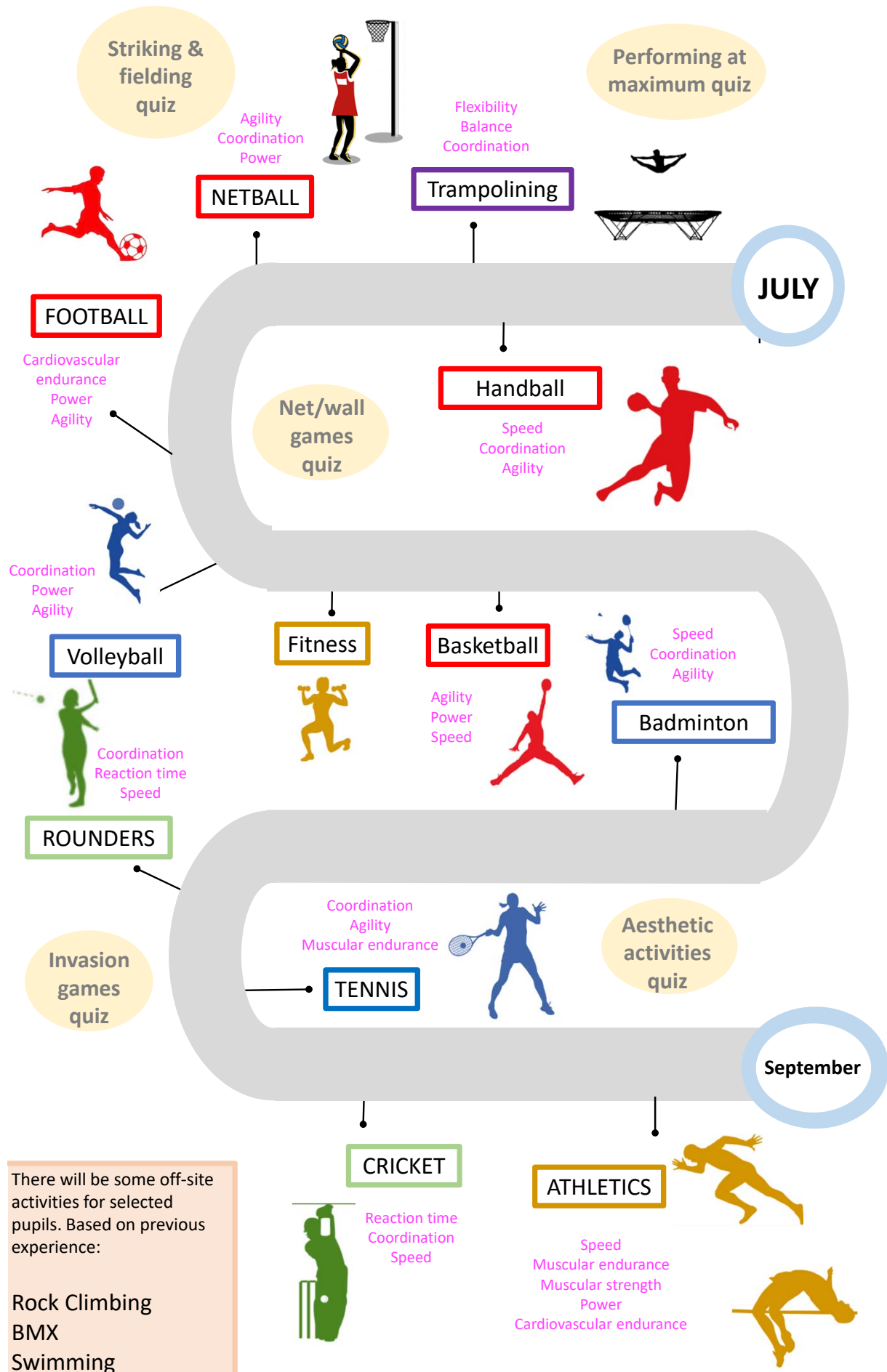
RUGBY

- Agility
- Power
- Speed



September

Year 9 PE Learning journey





Year 10 PE Learning journey

