

Year 10 & 11

**Literacy**

- **Biomechanics** – The study of how the body moves, including the forces and mechanics involved in physical activity.
- **Cardiorespiratory fitness** – The efficiency of the heart and lungs in supplying oxygen during sustained exercise.
- **Proprioception** – The body's ability to sense its position and movement in space without relying on sight.
- **Periodisation** – The structured planning of training over time to maximise performance and recovery.



Learning to Love PE



Lifestyle Links to Exercise and Sport



Physical, Mental and Social Health



Exploring New Sports



House Games, Culture Weeks & Sports Day

- Careers**
- Professional Sportsperson/Athlete
  - PE Teaching
  - Sports Coach/Personal Trainer
  - Sports Events Management
  - Sports Psychology
  - Physiotherapy
  - Sports Scientist/Analyst
  - Sports Journalism
  - Nutritionist