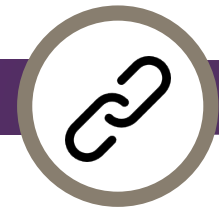


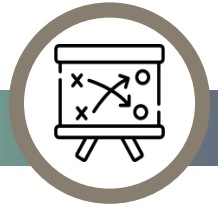
Year 10 & 11



Expectations and Assessment



GCSE Practical Link



Enhancing Tactical and Analytical Application



House Games, Culture Weeks & Sports Day

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.

Careers

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