



# The King James's School Learning Journey Core PE



House competitions & Extra curricular



Enjoyment

Stress relief

Mental Health

Diet & Nutrition

Fitness Programs

Independence

Competition

11

Roles in sport

Communication

Scoring

10

LEADERSHIP

Leadership

Organising tournaments

Advanced Tactics

Themed motif

Improving performance

Methods of training

Sport Education

Analysis of performance

Officiating

Complex Skills

9

Coaching

Competition

Set Plays

Components of fitness

8

Challenge

Consistency

Formations

Flight

Accuracy

Apply under pressure

Group choreography

Peer evaluation

Warm up

Sequences

Outwitting an opponent

Striking & Fielding

7

Choreography

Teamwork

Passing & Receiving

Attack & Defense

Identify own strengths







KING JAMES'S SCHOOL  
KNARESBOROUGH

# The King James's School Learning Journey GCSE PE



KING JAMES'S SCHOOL  
KNARESBOROUGH

Exam Technique & Revision Strategies

Practical performance in 3 sports

**Guidance and Feedback**

**Skill classification**

**Engagement in Sport**

**Health & Well being**

**Wellbeing**

**Commercialisation & Media**

**Diet & Energy**

**Planes and Levers**

**Effects of Exercise**

**The Cardiovascular System**

**11**

**The respiratory System**

**The Muscular System**

**The Skeletal System**

**Sporting injuries**

**Drugs in sport**

**Training thresholds**

**Methods of training**

**Principles of training**

**Components of fitness**

**10**

**HEALTH-RELATED FITNESS COMPONENTS**

- CARDIOVASCULAR ENDURANCE**  
Your body's ability to deliver oxygen to working muscles during exercise.
- MUSCULAR ENDURANCE**  
Your muscles' ability to exert force repeatedly or for an extended period of time.
- MUSCULAR STRENGTH**  
Your muscles' ability to exert a maximum amount of force in one effort.
- FLEXIBILITY**  
Your muscles and joints' ability to move through their full range of motion.
- BODY COMPOSITION**  
Your body's ratio of lean muscle to stored fat.