



KING JAMES'S SCHOOL
KNARESBOROUGH

The King James's School Learning Journey GCSE PE



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Exam Technique & Revision Strategies

Practical performance in 3 sports

Guidance and Feedback

Skill classification

Engagement in Sport

Health & Well being

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

10

Components of fitness

Principles of training