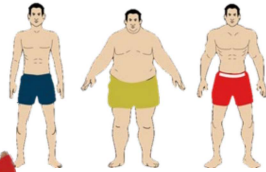




# EPCHS PE DEPARTMENT:

## YEAR 10 GCSE PE LEARNING JOURNEY



### Theory

AO1- Knowledge

AO2- Application

AO3-Evaluation

### Useful websites

- BBC bitesize- AQA GCSE PE
- The EverLerner
- SamLearning
- YouTube revision tutorials

### Literacy Check list for exam questions

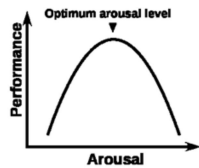
- Full sentences.
- Capital letters and full stops.
- Connectives at the start of new paragraphs and fro AO3 links.
- Circle the sport and key words in the question.



### CHAPTER 4:

Types of Health, Diet, Obesity, Sedentary Lifestyle, Somatotype

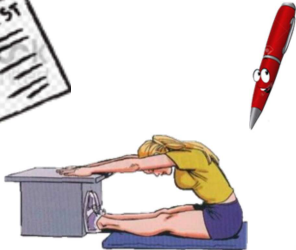
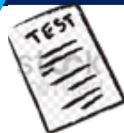
Summer Term



Spring Term

CHAPTER 4:  
Sports Psychology

CHAPTER 4:  
Sports Psychology



Autumn Term

CHAPTER 3 - PHYSICAL TRAINING:  
Training Types

CHAPTER 3 - PHYSICAL TRAINING:  
Components of Fitness & Testing