



EPCHS PE DEPARTMENT:

VCERT HEALTH & FITNESS LEARNING JOURNEY



UNIT 1

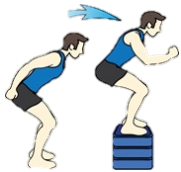
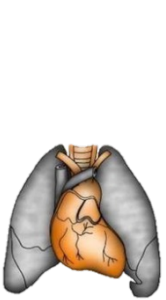
4.1 Principles of Training

UNIT 1

3.1 Health and Fitness

UNIT 1

2.1 Effects of Health and Fitness Activities on the Body



Summer Term

UNIT 1

1.3 Respiratory System

UNIT 1

1.4 Cardiovascular System

UNIT 1

1.5 Energy Systems & Recap of all topics

Spring Term



UNIT 1

1.2 Muscular System

UNIT 1

1.1 Skeletal System

Autumn Term

Useful websites

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

Literacy Check list for exam questions

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

