PE Learning Journey Sandymoor Its not enough for our children to leave with great grades. We want them to leave knowing that how to live a healthy lifestyle, stay safe, achieve economic wellbeing and live well in a community Ormiston Academy The journey through BTEC Sport Understanding the role of the different energy systems and how this effects the sport you take part in. Linking the Understanding the Participating in different training methods and how the practical sport linking all progress e looking at key factors of personal information and Linking fitness testing to methods of training, components of fitness and principals of training and how they correlate. Design of their own training planking factors of personal information and process that need to be adhered to improve performance. eletal and understanding the components of fitness and the principals of training Linking the concept of exercise to sporting contexts. cardioresp Review of training programme justifying your strengths and areas for improvement cardioresp iratory system to improvem ent in training elements of Exploring the rules and regulations of sport, how game play and rule and this impacts the game regulations Understanding the key principals of tactics, skills and techniques that are needed when playing sports Completion of training programme that is individual to you College to study, BTEC Unit 3: Applying the Principles of Personal Training level 3 or A-**Level PE** Implement a self-designed Review a personal personal fitness training fitness training Know about the musculoskeletal system and programme to achieve programme. own goals and objectives cardiorespiratory system and the effects on the body during personal fitness JOB training WELL DONE fitness training programme Unit 3 CHECK POINT Investigate fitness Explore different testing to determine fitness levels. fitness training methods Know about the components of fitness and the principles of training Unit I Fitness in Sport YEAR Know about the different energy systems used during sports performance. End CHECK Point -Sports performer in action Unit 5 Unit 5 Know about the short-term responses and long-term adaptations of the body systems to exercise. Be able to review sports performance **End Point** Unit 2 CHECK Practically demonstrate skills, techniques and tactics in selected sports Understand the rules, regulations and scoring systems for selected sports YFAR **Practical Performance in Sport** Unit 2 CHECK POINT