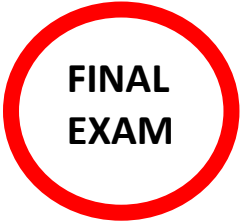


EPCHS Physical Education Journey

Embedding skills and knowledge within PE



Practical Moderation

Mental Preparation

Guidance & Feedback

Basic Information Processing

Goal Setting

Classification of Skills

8. Sports Psychology

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Ethical Issues

Commercialisation

Engagement Patterns

7. Socio-Cultural Influences

Energy Use, Diet, Nutrition & Hydration

Consequences of a Sedentary Lifestyle

Physical, Emotional & Social Health

6. Health, Fitness & Wellbeing

Warm up & Cool Down

Optimise Training & Prevent Injury

Principles of Training

Components of Fitness

Health & Fitness

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4. Physical Training



How you can be committed to EPCHS PE
Always try your best in EVERY lesson
Bring your PE Kit to EVERY lesson
Attend Extra-Curricular clubs
Represent EPCHS in one of our many fixtures

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1. Anatomy & Physiology

Cardio-respiratory System

Anaerobic & Aerobic Exercise

Short & Long Term Effects of Exercise

2. Movement Analysis

Lever Systems

Planes & Axes

3. Use of Data

Qualitative & Quantitative

Analyse & Evaluate Data

Presenting Data