



## PE learning journey

### Fitness

### Year 10

Half term 3

Core knowledge	Reference number
Recap on year 7,8 and 9 core knowledge	
Know and independently carry out the fitness tests	Coaching cards 1 & 2
Know the principles of training	Coaching cards 3
Know how to design and complete a fitness lesson working on a specific component of fitness	

### Learning Checkpoints

Fitness practical assessment	
Knowing key fitness information and performing different fitness skills correctly	Self and peer assessment, video analysis, teacher feedback, questioning, observation

Key Vocabulary	
Principles of training FITT Component of fitness	