



## PE learning journey

### Fitness

### Year 11

Half term 3

Core knowledge	Reference number
Recap on year 7,8,9 and 10 core knowledge	
Know how to design and complete a fitness programme to improve a 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	
Fitness programme Component of fitness Design	Improve