



PE learning journey

Fitness

Year 9

Half term 3

Core knowledge	Reference number
Recap on year 7 and 8 core knowledge	
Know the skill-related components of fitness	Coaching card 1
Know all the methods of training	Coaching cards 1 & 2
Know the different fitness tests	Coaching card 4

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	
Skill-related Components of fitness Method of training	Fitness tests