

# HEALTHY LIVING LEARNING JOURNEY



Continue your lifelong love of learning and personal development



Start a local Apprenticeship

Further your education at University, start your career path with employment or take a gap year to see the world and embrace new cul-



Continue your studies at Bishop Sixth Form or another College

**6TH FORM**

Developing diet plans

Year 11 MI Food Tech

Effects of a poor diet

Dietary supplement

Fitness testing methods



Food sources

The role of nutrients

Components of training & Principles of

Effects of exercise on Health & Fitness

Energy Systems

Cardiovascular System

Skeletal System

Responding to injuries

Extrinsic factors

Warm up & Cool down

Types of injury

Muscular System

Respiratory System

Year 10 M2 H&SC

Characteristics of a balanced diet

Diet

Intrinsic factors



Rest & Recovery

Intrinsic factors

Musculo - skeletal system

Tests for each component of fitness

Cardiovascular System



Respiratory System

Skeletal System



Application of learning to written work

Develop a fitness programme

Principles of training

Responding to common medical conditions

Action Plans

Responding to injuries

Extrinsic factors

Short term effects of physical activity

Long term effects of physical activity

Health related fitness

Muscular System

Fitness tests

Training methods

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Planning & Leading a session

Dynamics

**9**

Netball



Football



Badminton



Volleyball

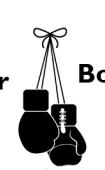
Tennis



Cricket

Game play

Parkour



Boxing

Javelin & Shot put



Rugby

Forehand & Backhand



Rounders

Batting

Fielding

Fielding

Fartlek training

Rugby

Returning a shot

Volleyball

Defensive tactics

Game play

Passing & Shooting



Rounders



Cricket



Yoga

HIIT training

Sprint training

Handball

Scoring

Rules & regulations

Rugby

Netball

Serving

Athletics

Javelin & Shot put

Sprinting

Long distance

Cricket

Sequencing shots

Game play

Defensive tactics

Badminton



Sequencing shots

High Jump

Long Jump

Batting

Rounders

Rules & regulations

Dance

Dynamics

Offensive tactics

Basic rules & regulations

Netball

Forge and develop friendships that will last a lifetime



Develop a lifelong love of learning



Football



Rugby

Gymnastics



Game play

Defensive tactics

Passing & Shooting

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Build a solid foundation in education

Develop a thirst for reading

