

STOPPING

NO

A6

METHODS OF TRAINING

WHAT ARE THE DIFFERENT TYPES OF TRAINING?

A6

METHODS OF TRAINING

WHAT COMPONENTS WILL BE IMPROVED BY THE SPECIFIC TYPES OF TRAINING?

A7

APPLICATION OF TRAINING

WHAT IS THE DIFFERENCE BETWEEN PHYSICAL FITNESS & SPORTING ACTIVITIES?

IF YOU'RE NOT KEEPING UP!

A7

APPLICATION OF TRAINING

HOW CAN YOU PLAN REGULAR EXERCISE?

PRACTICAL STATIONS

A7

APPLICATION OF TRAINING

WHAT ARE THE SOCIAL FACTORS THAT CAN AFFECT PARTICIPATION?

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A8

PARTICIPATION & PROVISION

WHAT DOES THE LOCAL GOVERNMENT OR SCHOOL DO FOR YOU?

A9

PARTICIPATION & PROVISION

WHAT ARE THE DIFFERENT SYSTEMS AND HOW DO THEY RELATE TO HEALTH, LIFESTYLE & PERFORMANCE?

EXTRA TIME IN DEPARTMENT?

ARE YOUR PAGES COMPLETE?

A5

HEALTH & FITNESS EXERCISE PROGRAMMES

DEVELOP YOUR OWN HEALTH & FITNESS PROGRAMME

A4

EVALUATING HEALTH & FITNESS

WHAT TESTS CAN YOU USE TO ASSESS FITNESS & HOW MIGHT THESE CHANGE FOR DIFFERENT GROUPS OF PEOPLE?

STAY ON TRACK AND YOU'VE EVERY....

CHANGE

GETTING GOOD GRADES WILL DO YOU AND THE... COMMUNITY BEST

Designed by JAMBLED&T

B1

PHYSICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

PHYSICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A4

EVALUATING HEALTH & FITNESS

HOW CAN YOU MONITOR YOUR EXERCISE?

PRACTICAL STATIONS

A3

COMPONENTS OF SKILL RELATED FITNESS

HOW DO THESE RELATE TO LEADING A HEALTHY LIFESTYLE?

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A3

COMPONENTS OF SKILL RELATED FITNESS

HOW DO YOU DEVELOP THE COMPONENTS?

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

B2

PSYCHOLOGICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

PSYCHOLOGICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

PRACTICAL STATIONS

GROUP MARKING SESSION

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DIRECTED IMPROVEMENT AND REFLECTION TIME

B1

PHYSICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

PHYSICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A3

COMPONENTS OF SKILL RELATED FITNESS

WHAT ARE THE COMPONENTS?

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A2

COMPONENTS OF HEALTH RELATED FITNESS

WHAT ARE THE COMPONENTS?

PRACTICAL STATIONS

GROUP MARKING SESSION

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DIRECTED IMPROVEMENT AND REFLECTION TIME

A1

HEALTH & PHYSICAL FITNESS

WHAT IS THE DEFINITION OF HEALTH?

DO NOT DISTURB

COURSEWORK HAS STARTED!!

A1

HEALTH & PHYSICAL FITNESS

WHAT IS THE LEARNING PROCESS AROUND SKILLS?

B3

TECHNICAL & TACTICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

TECHNICAL & TACTICAL INFLUENCES ON HEALTH, LIFESTYLE & PERFORMANCE

NO EXIT

IS EVERYTHING FINISHED?

ARE YOU UP TO DATE?

A2

COMPONENTS OF HEALTH RELATED FITNESS

HOW DO THESE RELATE TO LEADING A HEALTHY LIFESTYLE?

A2

COMPONENTS OF HEALTH RELATED FITNESS

HOW DO YOU DEVELOP THE COMPONENTS?

GROUP MARKING SESSION

DIRT

DIRECTED IMPROVEMENT AND REFLECTION TIME

A2

COMPONENTS OF HEALTH RELATED FITNESS

WHAT ARE THE COMPONENTS?

PRACTICAL STATIONS

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HEALTH & PHYSICAL FITNESS

WHAT IS THE LEARNING PROCESS AROUND SKILLS?

GO

WJEC PE MONOPOLY