










EMBED your learning

EXTEND your knowledge

FOLLOW your interests

NPCAT YEAR 11 TRANSITION PROGRAMME: PHYSICAL EDUCATION

The selection of resources have been designed to embed your understanding of PE whilst also preparing you for your future studies. You can complete the activities in any order you wish. Don't forget to access the '[Lockdown Library](#)' on your school website to keep reading.

<i>Week 1</i>	<p>Anatomy & Physiology  LESSON</p> <p>Muscular system</p>	<p>Health & Fitness  LESSON</p> <p>Principles of training</p>	<p>Fitness Session  PRACTICAL</p> <p>Workout 1</p>
<i>Week 2</i>	<p>Anatomy & Physiology  LESSON</p> <p>Skeletal system</p>	<p>Health & Fitness  LESSON</p> <p>Methods of training</p>	<p>Fitness Session  PRACTICAL</p> <p>Workout 2</p>
<i>Week 3</i>	<p>Anatomy & Physiology  LESSON</p> <p>Cardiovascular system</p>	<p>Health & Fitness  LESSON</p> <p>Components of fitness</p>	<p>Fitness Session  PRACTICAL</p> <p>Workout 3</p>