










EMBED your learning

EXTEND your knowledge

FOLLOW your interests

NPCAT YEAR 11 TRANSITION PROGRAMME: PHYSICAL EDUCATION

This selection of resources has been designed to embed your understanding ofwhilst 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Anatomy & Physiology  LESSON Muscular system		Health & Fitness  LESSON Principles of training		Fitness Session  PRACTICAL Workout 1
Week 2	Anatomy & Physiology  LESSON Skeletal system		Health & Fitness  LESSON Methods of training		Fitness Session  PRACTICAL Workout 2
Week 3	Anatomy & Physiology  LESSON Cardiovascular system		Health & Fitness  LESSON Components of fitness		Fitness Session  PRACTICAL Workout 3