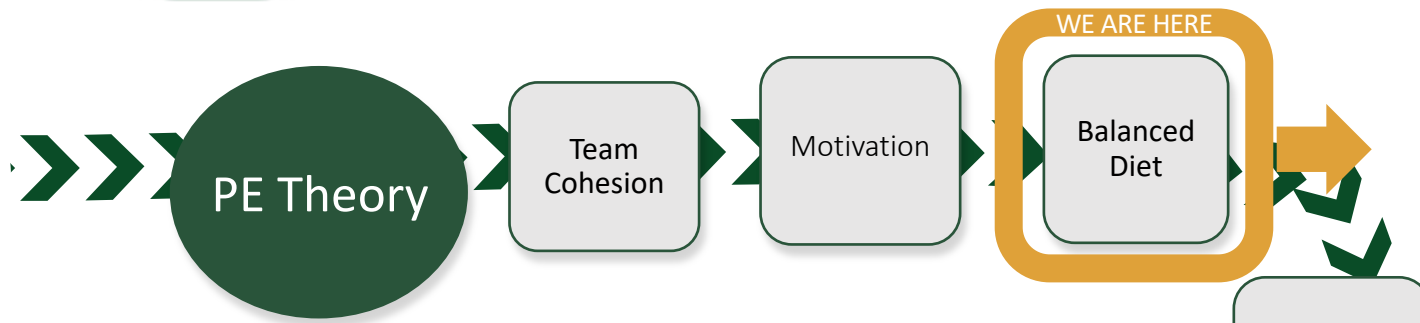




# LEARNING JOURNEY

## PE Theory



**How does the theory content link into practical lesson?**

**What is the why behind your lesson today?**

This half term you will start off by looking at teamwork. We will then develop your understanding of the different types of motivation and how these can be impacted.

We will then progress onto diet, hydration, recovery and sleep as it is important to understand how to keep your body and mind healthy.

During the second half of this curriculum, you will learn about your basic anatomy and how your heart works to meet its demands.

We will then finish looking at smart goals and you will set yourself a goal for the future.