



Skills

Mastery in Year 11

- Practical
Design and complete a personalised training programme, effectively applying health and fitness concepts and principles.
- Theory
Analyse and evaluate health and fitness data and information to make relevant and valid conclusions.

Mastery in Year 10

- Practical
Apply health and fitness concepts to gym-based practices and design simple training programmes.
- Theory
Accurately apply understanding of health and fitness concepts to specific situations

Knowledge

