

Year 12 PE:

Things you should know before starting the course:

- Know the names of the bones and locations in the body.
- Know what 2 sports they are going to choose.
- Have a good understanding of the rules in both games and join clubs to physically prepare.
- Know the governing body for your sports and some background on the governing body.
- Know the route you would take in your sports from beginner through to international.
- Know how to motivate people in sport and strategies used to do this.