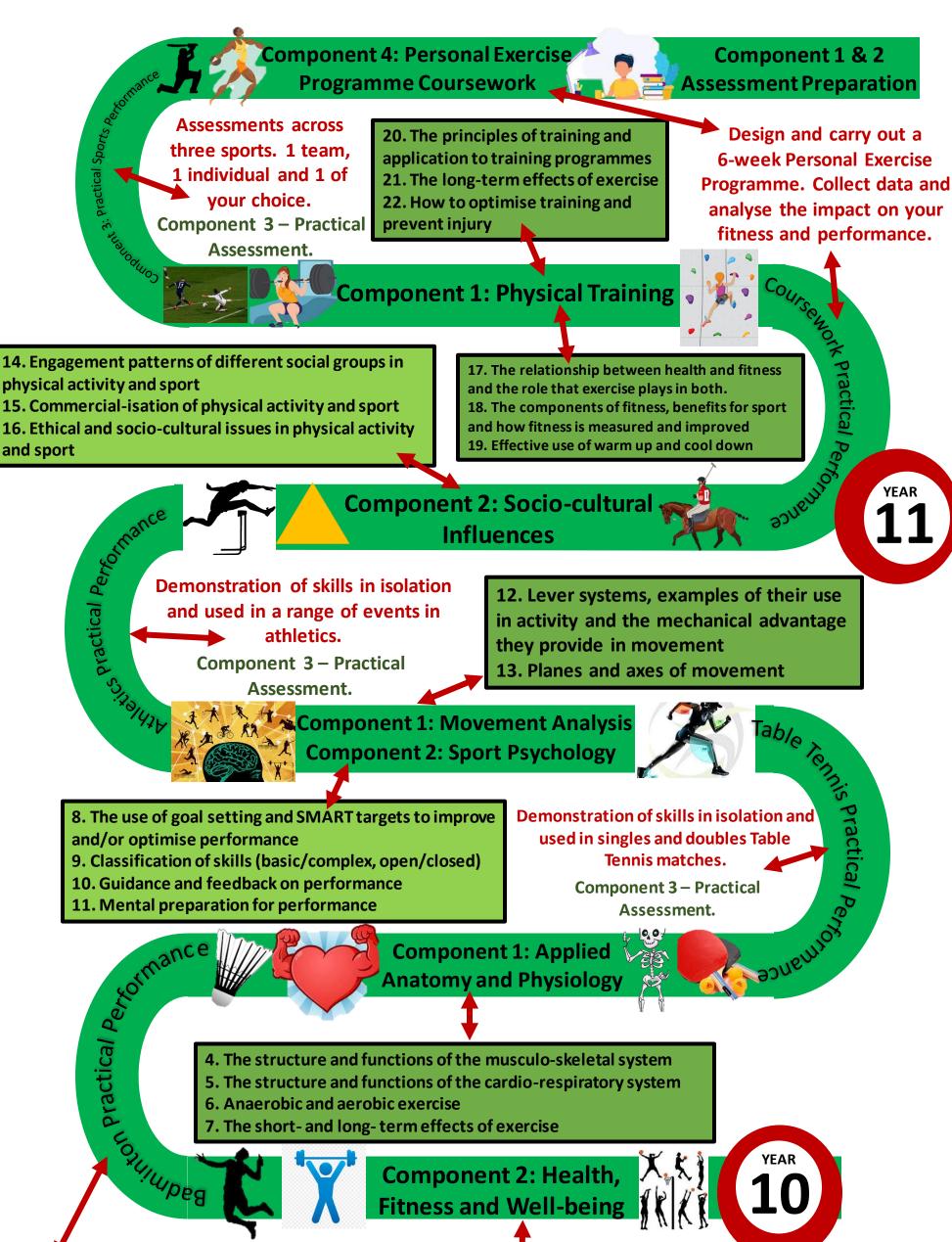


GCSE Physical Education Learning Journey @ RWBA





Demonstration of skills in isolation and used in singles and doubles Badminton matches.

Component 3 – Practical Assessment.

- 1. Physical, emotional and social health, fitness and well-being
- 2. The consequences of a sedentary lifestyle
- 3. Energy use, diet, nutrition and hydration