



HARBOUR
VALE
SCHOOL



Community, Inclusion, Respect and Belonging

Year 10 & Year 11 Learning Journey

PE

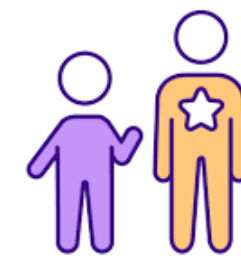
Ambitious and Independent healthy lifestyle



How Drugs Affect Decision Making



Being a Role Model for positive attitude and application of skills



Coach new pupils

Team Building, Leadership and Personal Aspiration



Review, set and achieve ambitious targets

Year 11



Construct Training Programme



Lean and Support Fitness Activities



Support, spotting and Teamwork



Review progress against targets



Set new Fitness Goals

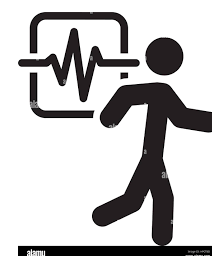
Fitness Centre – Strength and Conditioning



Set Fitness Goals



Master Swim Strokes



Cardiovascular Fitness



Learn Water Skills

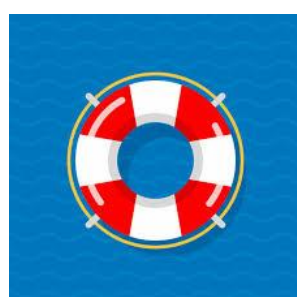
Swim and Gym



Resistance Exercises



Safety in the Fitness Suite



Water Safety



How to use Fitness Equipment



Enjoy swimming in a safe and inclusive way

Swim and Gym

Year 10