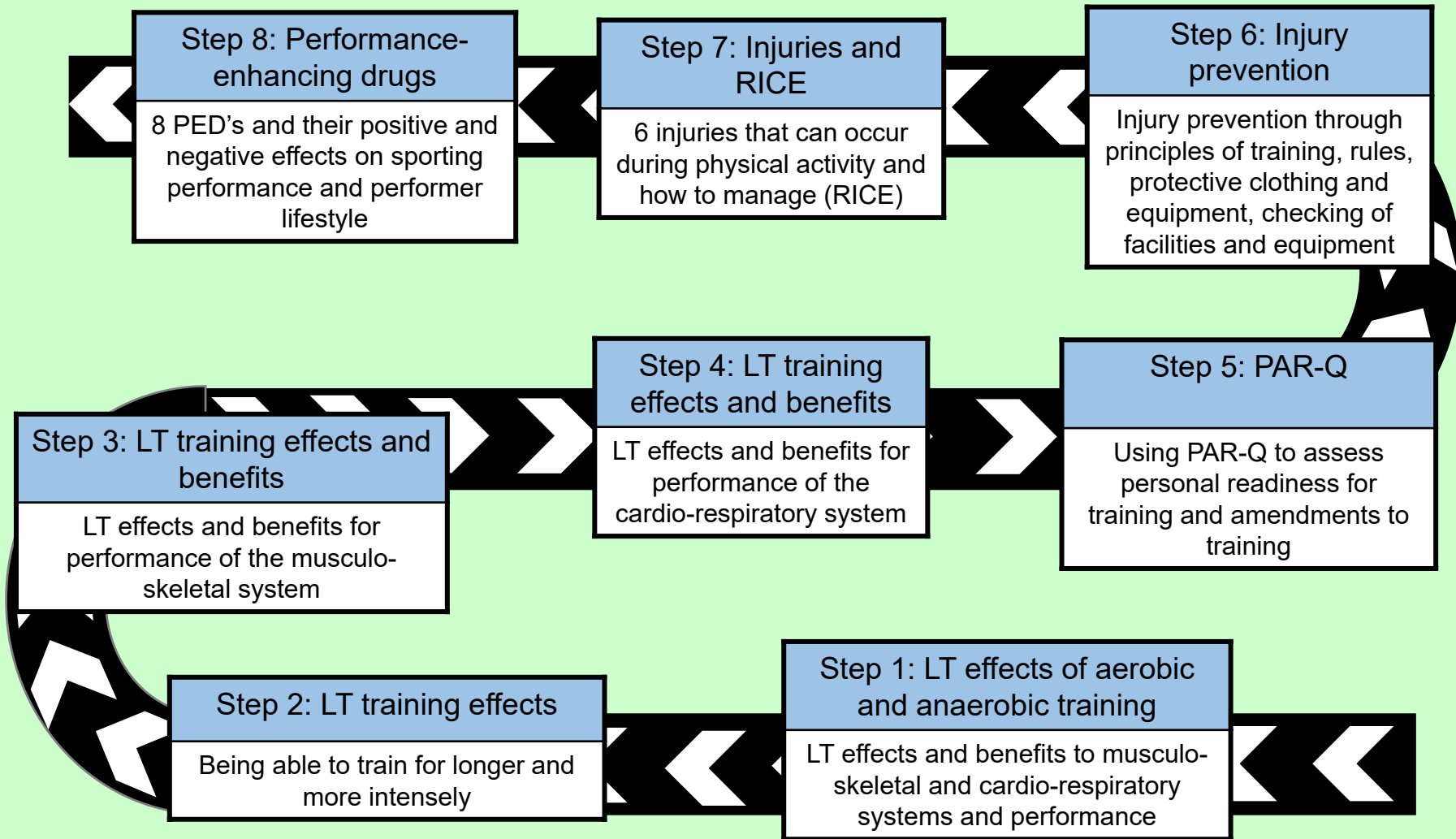


# GCSE PE Learning Journey: Topic 3 - Physical Training 3.4/3.5

## Long Term Effects of Exercise, Optimising Training and Preventing Injury



Achievement

resilience

Community

PERSEVERANCE

Pride

**SHUTTLEWORTH**

COLLEGE