

Exam preparation;
AO1, AO2 AND AO3:



GCSE P.E Learning Journey



Year 10

Identify, describe, explain and evaluate key principles
of physical activity and performance

Year 11



Exam Technique

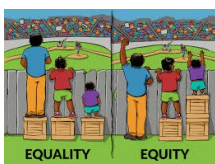
Personality in sport



Motivation



Revision



Socio-cultural unit: Engagement
patterns

Hooliganism



Performance Enhancing drugs



Sportsmanship/
gamesmanship



Technology in sport



YEAR

11

Training methods



Principles of training

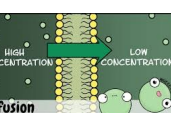
Principles of Training



Fitness testing



Coursework: Analysis
section



Gaseous exchange

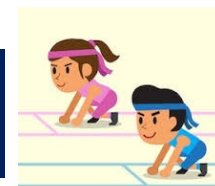


Cardio-respiratory
unit: Respiratory system



YEAR

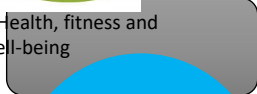
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Movement analysis



Health unit: Health, fitness and
well-being



Obesity and sedentary lifestyle



Balanced diet



Musculo-skeletal Unit:
Skeletal system



Data analysis



Joints and movement



Muscles of the
body



Antagonistic muscle pairs



CV System Key terms



Epoc and recovery



Short and long term
effects of
exercise



Recovery methods



Aerobic and Anaerobic
respiration



Guidance



Feedback



Structure of Heart



The Importance of Spirometry



Lung volumes



Sports study lessons



Planes and Axes



Mechanical advantage



Lever systems



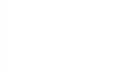
Cardiac cycle



Blood vessels



Cardiac cycle



Cardiac Cycle

