

# GCSE P.E Learning Journey



Exam preparation; AO1, AO2 AND AO3:



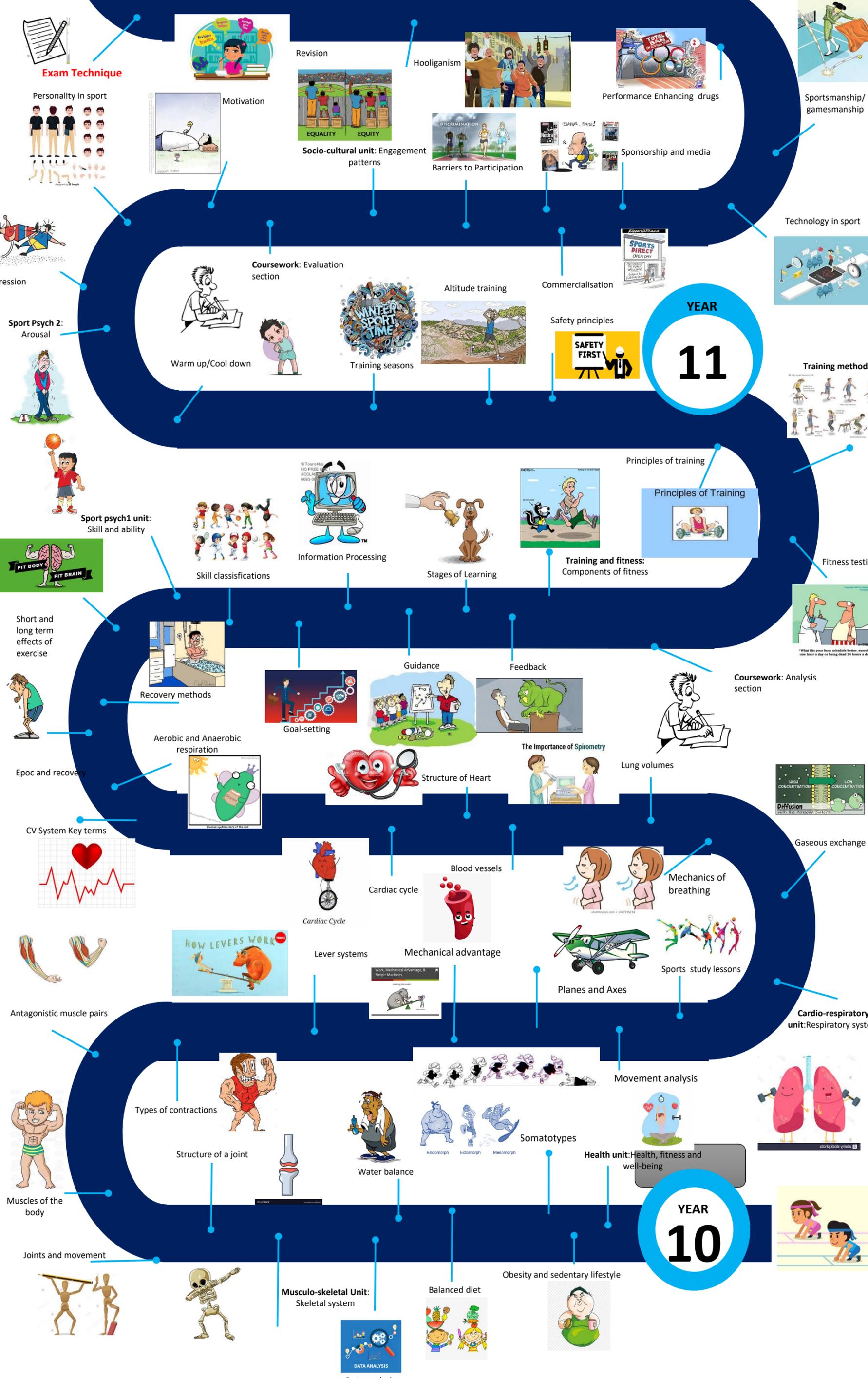
Year 10

Year 11

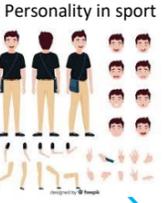
Identify, describe, explain and evaluate key principles of physical activity and performance

YEAR 11

YEAR 10



**Exam Technique**

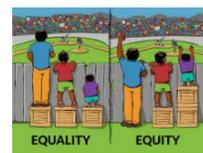


Personality in sport

Motivation



Revision



Socio-cultural unit: Engagement patterns

Hooliganism



Performance Enhancing drugs



Sportsmanship/gamesmanship



Sponsorship and media



Technology in sport



Coursework: Evaluation section



Warm up/Cool down



Training seasons

Altitude training



Commercialisation



Safety principles



Training methods



Principles of training

Principles of Training



Fitness testing



Sport psych1 unit: Skill and ability

Skill classifications



Information Processing



Stages of Learning



Training and fitness: Components of fitness



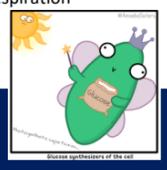
Coursework: Analysis section



Recovery methods



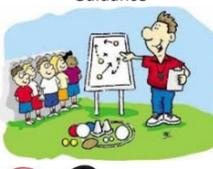
Aerobic and Anaerobic respiration



Goal-setting



Guidance



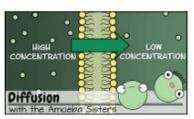
Feedback



The Importance of Spirometry



Lung volumes



Gaseous exchange



Mechanics of breathing

Cardiac cycle



Cardiac Cycle

Blood vessels



Cardiac cycle

Lever systems



Mechanical advantage



Planes and Axes

Sports study lessons



Cardio-respiratory unit: Respiratory system



Types of contractions



Structure of a joint



Water balance



Somatotypes



Health unit: Health, fitness and well-being



Muscles of the body



Joints and movement



Musculo-skeletal Unit: Skeletal system



Balanced diet



Obesity and sedentary lifestyle



Data analysis

