



GCSE P.E Learning Journey

Exam preparation;
AO1, AO2 AND AO3:



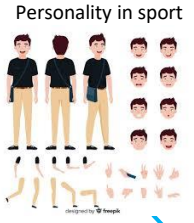
Year 10

Year 11

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



Exam Technique



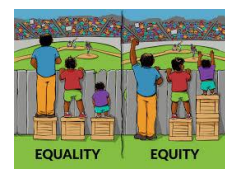
Personality in sport



Motivation



Revision



Socio-cultural unit: Engagement patterns

Hooliganism



Performance Enhancing drugs



Sportsmanship/ gamesmanship



Aggression

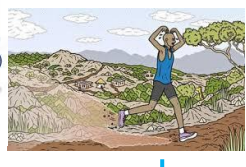
Sport Psych 2: Arousal



Warm up/Cool down



Training seasons



Altitude training

Commercialisation



Safety principles



YEAR

11

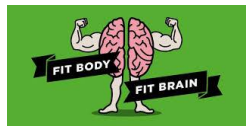


Technology in sport



Training methods

Sport psych1 unit: Skill and ability



Skill classifications



Information Processing

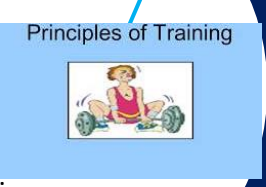


Stages of Learning



Training and fitness: Components of fitness

Principles of training



Fitness testing



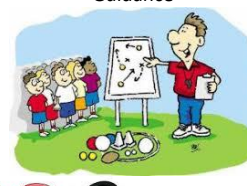
Short and long term effects of exercise



Recovery methods



Goal-setting



Guidance

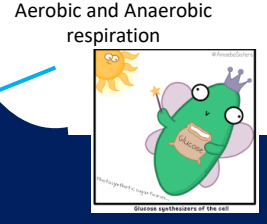


Feedback



Coursework: Analysis section

Epoc and recovery



Aerobic and Anaerobic respiration

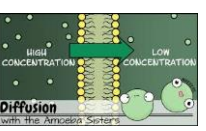


Structure of Heart

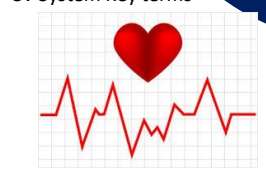


The Importance of Spirometry

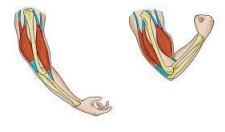
Lung volumes



Gaseous exchange



CV System Key terms



Antagonistic muscle pairs

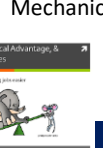


Cardiac Cycle

Cardiac cycle



Blood vessels



Lever systems

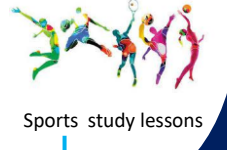
Mechanical advantage



Mechanics of breathing

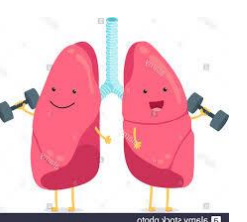


Planes and Axes



Sports study lessons

Cardio-respiratory unit: Respiratory system



Movement analysis



Types of contractions



Structure of a joint



Water balance



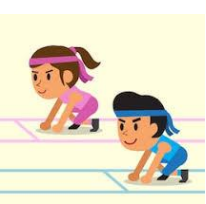
Somatotypes

Health unit: Health, fitness and well-being



YEAR

10



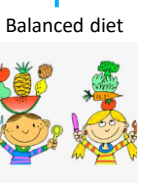
Joints and movement



Musculo-skeletal Unit: Skeletal system



Data analysis



Balanced diet

Obesity and sedentary lifestyle

