

GCSE PE Learning Journey



Revision & exam preparation



Chapter 8 NEA Practical Assessment

Team Sport 1

Individual Sport 1

PRELIM – PAPER 1



Muscle action

Chapter 2 Movement analysis

Planes and Axes

Movement analysis
Levers

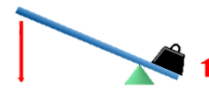
Mechanical Advantage

Chapter 1b The Structure and function of the Cardio-respiratory system

The Respiratory System

Blood Vessels

Cardiac Cycle



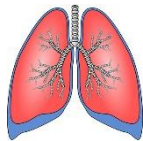
Levers

Recovery process from vigorous exercise

Chapter 1c Anaerobic and Aerobic exercise

Effects of exercise

Breathing and Lung Volumes



The Structure of the Heart

Cardiac Output

Muscle Contraction



Exercise

EPOC



Chapter 1a Applied anatomy and physiology

PRELIM – PAPER 2

NEA: Evaluation

Chapter 8 NEA



NEA: Analysis

Chapter 4 Sports Psychology

Bones that form joints



Synovial Joints

The Functions of the skeleton

Hooliganism



Aggression

Skills and Ability

Goal setting

SMART target setting

Guidance & Feedback

PRELIM – PAPER 2

Motivation & Personality types

Prohibited substances

Chapter 5c Ethical issues

Players conduct

PEDs and their impacts



Classification of skills

The use of performance and outcome goals

Information processing

Arousal

Chapter 5b Commercialisation of physical activity and sport



Factors affecting participation

Physical, emotional and social health, well being and fitness

Effects of commercialisation

Impacts of technology in sport

Sponsorship

Energy use, diet, nutrition and hydration

Barriers to Participation

Social groups



Chapter 5a Socio-cultural influences

Participation



Chapter 6 Health and fitness

Consequences of a sedentary lifestyle

Obesity

Principles of training and the Key principles of overload

High Altitude training

The Training seasons

Reasons for carrying out fitness tests

The components of fitness

Chapter 7 Use of Data

Showing an understanding of the types of data and how to analyse and evaluate data

Chapter 3 Physical training



START

Limitations of Fitness tests

Fitness Tests

Types of Training

Effective use of warm-up and cool-down

The relationship between fitness and health

