Performance Faculty: GCSE PE Learning Journey



Apply for an apprentice in a related field to extend your learning into the work place

Consider a post-16 course in the related subject



Revision & Exam Prep.

Planning a PEP



Knowledge of performance or results

Types of guidance

Positives & Benefits of Guidance

What is commercialisation?

Positive & negative effects

Feedback & Guidance

Commercialisation in Sport

Types of practice

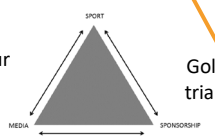
Intrinsic/Extrinsic

Concurrent / Terminal

Information Processing Model

S.M.A.R.T Targets

Sporting behaviour



Golden triangle

Role of sports, sponsors, media, spectators & performers

Classification of Skills

Low/High skills

Basic/Complex skills

Sedentary Lifestyle

Benefits & side effects

Positive & negative lifestyle choices

Relating drugs to specific sports

Positive and negative effects

Types of injuries

RICE method

Open/Closed skills



Healthy Active Lifestyles

Drugs in Sport

Injury Prevention

YEAR 11

Physical, Emotional & Social Health



Macro/Micronutrients

Effects of smoking, alcohol, work & sleep

Participation rates



Types of PED's

Importance of a PARQ

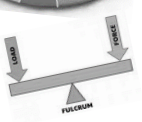
Safety in sport = B.R.E.A.K.S

Positives & negatives of each method

What does it improve?



Lever systems



Axes of movement

Definitions



Fitness tests

Warm ups / Cool downs

How to perform each method

Training Methods

Short & Long term effects of exercise

Aerobic / Anaerobic respiration

Label the respiratory system



Oxygen debt

Movement Analysis

Components of Fitness

Principles of Training

Training methods

Respiratory System

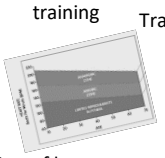
Lung Capacity – Tidal Volume – Vital Capacity

Planes of movement

Relevance to specific sports

How to improve different components

Principles of training



Training zones & thresholds

Working out – Heart rate & Karvonen Formula

Inhaling / Gaseous exchange / Exhaling

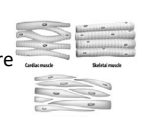
4 components that make up blood

Direction and flow of blood

Different blood vessels

Functions of blood during exercise

Muscle fibre types



Names & locations of muscles

Classification of bones



Functions

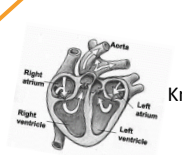
Cardiovascular System

Muscular System

Skeletal System

YEAR 10

Heart rate / Stroke volume / Cardiac output



Know and label the heart

Isometric/isotonic contractions



Antagonistic muscle pairs

Types of muscles

Types of joints

Names and locations of bones



Start of GCSE Learning Journey in PE