

**Old Buckenham High School | Year 11 – The Year Ahead | 11th October 2018**

**PE**

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| **Exam** | **Duration** | **Marks available** | **% of GCSE** | **Topics/ content** |
| Physical Education Component 1: Fitness and Body Systems | 1 hour 45 minutes | 90 | 36%  | 1. Applied anatomy and physiology
2. Movement analysis
3. Physical training
4. Use of Data
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| Physical Education Component 2: Health and Performance | 1 hour 15 minutes | 70 | 24% | 1. Health, fitness and well-being
2. Sport psychology
3. Socio-cultural influences
4. Use of Data
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| PEP |  | 20 | 10% | 1. Aim and planning
2. Carrying out and monitoring
3. Evaluation
 |
| Three practical activities |  | 105 | 30% |  |

*Before revising, students should complete personal learning checklists for their subjects. These ask students to RAG rate both the topics/ content of their exams and also the skills they are required to use. Doing this will help them to identify priorities and make effective use of their revision time.*

**Personal Learning Checklists**

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| **Health, Fitness and Well-being (Paper 2: Health and Performance)**  |

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| **RAG This Column using Highlighter Pen** |  |
| Physical, emotional and social health | Physical: how increasing physical ability, through improving components of fitness can improve health/reduce health risks and how these benefits are achievedEmotional: how participation in physical activity and sport can improve emotional/psychological health and how these benefits are achievedSocial: how participation in physical activity and sport can improve social health and how these benefits are achieved |
| Lifestyles | Lifestyle choices in relation to: diet; activity level; work/rest/sleep balance; and recreational drugs (alcohol, nicotine) |
| Impact of lifestyle choices | Positive and negative impact of lifestyle choices on health, fitness and well-being, e.g. the negative effects of smoking (bronchitis, lung cancer) |
| Sedentary lifestyle | A sedentary lifestyle and its consequences: overweight; overfat; obese; increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness |
| Balanced diet and role of nutrients | The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sportRole of macronutrients: (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletesRole of micronutrients: (vitamins and minerals), water and fibre for performers/players in physical activities and sports |
| Dietary manipulation for sport (carb-loading and hydration) | The correct energy balance to maintain a healthy weightHydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport |
| Optimum weight due to physical characteristics and variations according to role in physical activity | The factors affecting optimum weight: sex; height; bone structure and muscle girthThe variation in optimum weight according to roles in specific physical activities and sports |
| PARQs Warm ups and cool downs | The use of a PARQ to assess personal readiness for training and recommendations for amendment to training based on PARQThe purpose and importance of warm ups and cool downs to effective training sessions and physical activity and sportPhases of a warm up and their significance in preparation for physical activity and sportActivities included in warm ups and cool downs |
| Components of fitness and the relative importance of these components in physical activity and sport | Cardiovascular fitness (aerobic endurance), strength, muscular endurance, flexibility, body composition, agility, balance, coordination, power, reaction time, and speed |
| Fitness tests – theory and practice | Theory: the value of fitness testing; the purpose of specific fitness tests; the selection of the appropriate fitness test for components of fitness; and the rationale for selectionPractical: the test protocolFitness testing: cardiovascular fitness – Cooper 12 minute tests (run, swim), Harvard Step Test; strength – grip dynamometer; muscular endurance – one-minute sit-up, one-minute press-up; speed – 30m sprint; power – vertical jump; flexibility – sit and reachCollection and interpretation of data from fitness test results Theory: analysis and evaluation of fitness test results against normative data tables |
| Principles of training | Individual needs, specificity, progressive overload, FITT (frequency, intensity, time, type), overtraining, reversibility, thresholds of training (aerobic target zone: 60–80% and anaerobic target zone: 80%–90%, calculated using Karvonen formula) |
| Methods of training for specific components of fitness, physical activity and sport | Continuous, Fartlek, circuit, interval, plyometrics, weight/resistance. Fitness classes for specific components of fitness, physical activity and sport (body pump, aerobics, pilates, yoga, spinning) The advantages and disadvantages of different training methods |
| Applying the methods of training to a PEP | Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports (fitness/sport requirements, facilities available, current level of fitness) |
| Goal setting  | The use of goal setting to improve and/or optimise performance |
| SMART targets and the value of each principle in improving and/or optimising performance | Principles of SMART targets (specific, measureable, achievable, realistic, time-bound)  |
|  | Setting and reviewing targets to improve and/or optimise performance |
| Sports psychology, practicing use of data | Interpretation and analysis of graphical representation of data associated with feedback on performance |
| Factors impacting on participation in physical activity and the impact on participation rates, considering personal factors | Gender, age, socio-economic group, ethnicity, disability |
| Commercialisation and the media | The relationship between commercialisation, the media and physical activity and sport |
| Advantages and disadvantages of commercialisation | The advantages and disadvantages of commercialisation and the media for: the sponsor; the sport; the performer; the spectator |
| Sporting behaviours | Sportsmanship, gamesmanship, and the reasons for, and consequences of, deviance at elite level |
| Deviance in sport | Review performance-enhancing drugs. Consider other types of deviancy in sport |
| Identification of injury, treatment and common sports injuries | Concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury (strain, tennis elbow, golfers elbow, abrasions)RICE (rest, ice, compression, elevation) |
| Injury prevention in sport and physical activity | Injury prevention through: correct application of the principles of training to avoid overuse injuries; correct application and adherence to the rules of an activity during play/participation; use of appropriate protective clothing and equipment; checking of equipment and facilities before use, all as applied to a range of physical activities and sports |
| Performance enhancing drugs – types, advantages and disadvantages | Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle, including: anabolic steroids; beta blockers; diuretics; narcotic analgesics; peptide hormones (erythropoietin (EPO); growth hormones (GH)); stimulants; blood doping |
| Classification of skills using continua | Open–closed, basic (simple)–complex, and low organisation–high organisation continua |
| Forms of practice – theory and practical application | Massed, distributed, fixed and variable |
| Forms of practice – theory and practical application | Application of knowledge of practice and skill classification to select the most relevant practice to develop a range of skills |
| Types of guidance – theory and practical application  | Visual, verbal, manual and mechanicalAdvantages and disadvantages of each type of guidance  |
| Types of guidance – practical application  | Appropriateness of types of guidance in a variety of sporting contexts when used with performers of different skill levels |
| Mental preparation for performance  | Warm up, mental rehearsal |
| Types of feedback | intrinsic, extrinsic, concurrent, terminal |
| Skeletal system – functions applied to performance in physical activities and sports | Explanation of function applied to physical activityProtection of vital organs, muscle attachment, joints for movement, platelets, red and white blood cell production, storage of calcium and phosphorus |
| Skeletal system – classification of bones and how function of bone type is relevant to performance in physical activities and sports | Long (leverage), short (weight bearing), flat (protection, broad surface for muscle attachment), irregular (protection and muscle attachment) applied  |
| Skeletal system – structure of the skeletal systemRole of ligaments/tendons | Identification of bones: Cranium, clavicle, scapula, five regions of the vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), ribs, sternum, humerus, radius, ulna, carpals, metacarpals, phalanges (in the hand), pelvis, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges (in the foot). Relevance to participation in physical activity and sport |
| Movement possibilities at joints dependent on joint classification Examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts.  | Flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsiflexion |
| Muscular system – classification and their roles when participating in physical activity and sportCharacteristics and location | Voluntary muscles of the skeletal system, involuntary muscles in blood vessels, cardiac muscle forming the heart,  |
| Muscular system (voluntary) – location and role  | Deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, hip flexors, gluteus maximus, quadriceps, hamstrings, gastrocnemius and tibialis anterior |
| Muscular system – antagonistic muscle pairs | Definitions of terms (agonist and antagonist) Gastrocnemius and tibialis anterior acting at the ankle plantar flexion to dorsiflexion; and quadriceps and hamstrings acting at the knee, biceps and triceps acting at the elbow, and hip flexors and gluteus maximus acting at the hip – all flexion to extension |
| Muscular system – fast and slow twitch muscle fibres and how fibre type impacts on their use in physical activities | type I, type IIa and type IIx  |
| Lever systems and their use in physical activity and sport | First, second and third class levers  |
| Mechanical advantage in sport and physical activity | In relation to loads, efforts and range of movement of the body’s lever systems and the impact on sporting performance |
| Classification of joints and their impact on the range of possible movements | Pivot (neck – atlas and axis), hinge (elbow, knee and ankle), ball and socket (hip and shoulder), condyloid (wrist) |
| Planes and axes – generalised movement patterns | Sagittal plane about the frontal axis when performing front and back tucked or piked somersaultsFrontal plane about the sagittal axis when performing cartwheelsTransverse plane about the vertical axis when performing a full twist jump in trampolining |
| Cardiovascular system – function applied to performance in physical activitiesStructure of the cardiovascular system applied to performance in physical activities | Transport of oxygen, carbon dioxide and nutrients, clotting of open wounds, regulation of body temperatureAtria, ventricles, septum, tricuspid, bicuspid and semi-lunar valves, aorta, vena cava, pulmonary artery, pulmonary vein, and their role in maintaining blood circulation during performance in physical activity and sport |
| Cardiovascular system – arteries, capillaries and veins | Structure of arteries, capillaries and veins and how this relates to function and importance during physical activity and sport in terms of: blood pressure; oxygenated; deoxygenated blood and changes due to physical exercise |
| Cardiovascular system – function and importance of components of blood for physical activity and sport | Red and white blood cells, platelets and plasma  |
| Respiratory system – composition of air  | Composition of inhaled and exhaled air and the difference between the two at rest and when exercising |
| Respiratory system – location of main components and the role in movement of oxygen and carbon dioxide into and out of the body | Lungs, bronchi, bronchioles, alveoli, diaphragm How Cardiovascular system and Respiratory system work together (p34/5) |
| Respiratory system – structure and function of alveoli | Structure of alveoli Process of gas exchangeImpact of varying intensities of exercise (aerobic and anaerobic) |
| Energy sources  | Fats as a fuel source for aerobic activity, carbohydrates as a fuel source for aerobic and anaerobic activity |
| Aerobic and anaerobic exercise | The use of glucose and oxygen to release energy aerobically with the production of carbon dioxide and water, the impact of insufficient oxygen on energy release, the by-product of anaerobic respiration (lactic acid) |
| Short term effects of exercise and the relevance of this to the player/performerLong term training effects on the cardio-respiratory systemLong term training effects on the musculo-skeletal systemCardiovascular system – vascular shunting | Muscular: lactate accumulation, muscle fatigueCV: heart rate, stroke volume and cardiac outputRespiratory: on depth and rate of breathingReview cardio-respiratory systemBenefits to the cardio-respiratory system: decreased resting heart rate; faster recovery; increased resting stroke volume and maximum cardiac output; increased size/strength of heart; increased capilliarisation; increase in number of red blood cells; drop in resting blood pressure due to more elastic muscular wall of veins and arteries; increased lung capacity/volume and vital capacity; increased number of alveoli; increased strength of diaphragm; and external intercostal musclesImpact on performance in different types of activitiesReview musculo-skeletal systemBenefits to the musculo-skeletal system: increased bone density; increased strength of ligaments and tendons; muscle hypertrophy; the importance of rest for adaptations to take place; and time to recover before the next training sessionImpact on performance in different types of activitiesThe mechanisms required (vasoconstriction, vasodilation) and the need for redistribution of blood flow (vascular shunting) during physical activities compared to when resting |