GCSE PE
2 YEAR COURSE
Learning Journey

AQA Realising potential

Applied anatomy and physiology – Paper 1:

YEAR 9

Structure and Functions of the skeleton

Joints – structure of a Synovial joint

Types of joints that allow different movements and how they differ

Muscles of the body

Names and locations of bones

Antagonistic muscle pairs and how they work to produce movements at joints

Progress test 1- Musculoskeletal system

Mechanical Advantage in relation to the 3 lever systems

Progress Test feedback -Exam technique

1st, 2nd & 3rd class lever systems and examples

Analysis of basic movements in sporting examples

Progress test 2 Movement Analysis

Progress Test feedback - Exam technique

Blood Vessels & The Structure of the Heart,

The Cardiac Cycle and the Pathway of blood

Cardiac output, Stroke Volume and Heart Rate

Mechanics of breathing

Interpretation of a Spirometer trace

Progress test 3-The Structure and Function of the Cardio Respiratory System

Progress Test feedback -Exam technique

The use of Anaerobic and Aerobic exercise in practical examples of differing intensities

Excess post – exercise oxygen consumption and the recovery process from vigorous exercise

The Immediate effects of exercise

The short term effects of exercise

The long term effects of exercise

Progress test 4- Effects of exercise

Progress Test feedback - Exam technique

The relationship between Health and fitness

Measuring components of fitness

Data – Qualitative and quantitative. Presenting and Analysing

The Principles of training

Warming up and cooling down

NEA – Part 1 – Analysis of performance

Seasonal aspects

Considerations to prevent injury

Calculating intensities to optimise training effectiveness

Types of training

Reasons and limitations of fitness testing

The components of fitness

YEAR 10

Year 9 exam

Socio –cultural influences and well-being – Paper 2

Skill and Ability and The classification of skills

Basic information processing model

Goal setting and SMART targets

Guidance

Feedback

Progress Test feedback -Exam technique

Progress test 5- Sports psychology

Mental preparation for performance Arousal

Aggression

Personality types

Motivation

Progress test 6- Sports Mental preparation for performance

NEA – Part 2 – Evaluation of performance

Progress Test feedback - Exam technique

Engagement patterns of different social groups

Commercialisation

Technology

sponsorship and the media

Progress test 7- Socio-cultural influences

Progress Test feedback - Exam technique

Conduct of performers

Prohibited substances and methods

Spectator behaviour and hooliganism

Progress test 8- Ethical issues in sport

Progress Test feedback -Exam technique

Consequences of a sedentary lifestyle

Health, fitness and well- being

Obesity

Somatotypes

Nutrition and energy use

Final exams - May