

# PAPER 1



# LEARNING JOURNEY

## GCSE PE

### APPLIED ANATOMY & PHYSIOLOGY

1.1 Skeletal System (HT1)

WE ARE HERE

Functions of the skeleton

Synovial joints

1.3 Movement analysis (HT2)

Levers

Planes and Axis

This term you will study in more depth at the intricate functions of the skeleton and how the synovial joints' structure contributes to how the skeleton performs its various roles. You will look at how the skeleton performs within various practical examples and how that then relates to each of the functions.

This will lead on succinctly to the biomechanical element of the course. You will need to recall your knowledge of the structure and function of the musculoskeletal system to assist in your learning of how the body performs movements efficiently, how it applies force and how the body moves through rotations and planes.

#### VOCABULARY

Movement, support, posture, protection, ligaments, cartilage, tendons, shock absorb, synovial, fulcrum, effort, load, pivot, transverse, longitudinal, sagittal, frontal, mechanical advantage

#### TUDOR HABITS AND VALUES

Opportunity to exercise process over product, using the same technique in answering 4 mark questions as they did for a previous topic. Working metacognitive practices.

#### CAREER LINKS

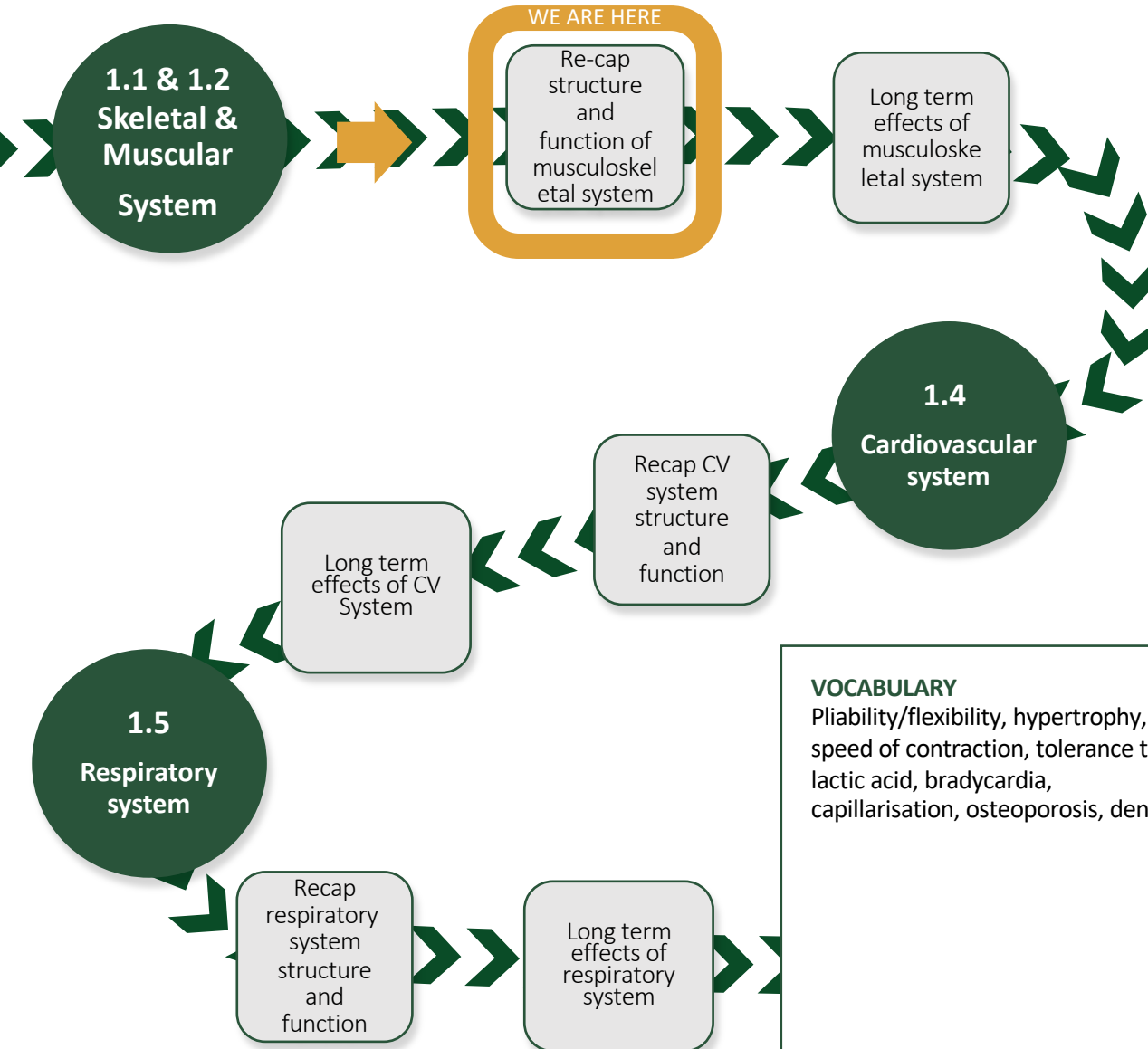
Doctors, physiotherapists, sports analysis, coaches.  
Fitness engineers need high level knowledge of biomechanical principles.



# LEARNING JOURNEY

## GCSE PE

### APPLIED ANATOMY & PHYSIOLOGY



This half term will focus on the long-term effects of exercise on the skeletal, muscular, cardiovascular and respiratory systems.

This will require recall of knowledge on the structure and functions and short-term effects of exercise on all the body systems in order to best understand how these adapt and change as we take our body through intensive and prolonged periods of exercise of 6 weeks or more.

This term will require you to analyse graph data on the cardio-respiratory systems and apply sporting examples relating to the effects of exercise.

#### VOCABULARY

Pliability/flexibility, hypertrophy, speed of contraction, tolerance to lactic acid, bradycardia, capillarisation, osteoporosis, density

#### TUDOR HABITS AND VALUES

Opportunity to exercise responsibility during whole class practical-theory tasks.

#### CAREER LINKS

Sports therapists will need comprehensive knowledge of the body systems.

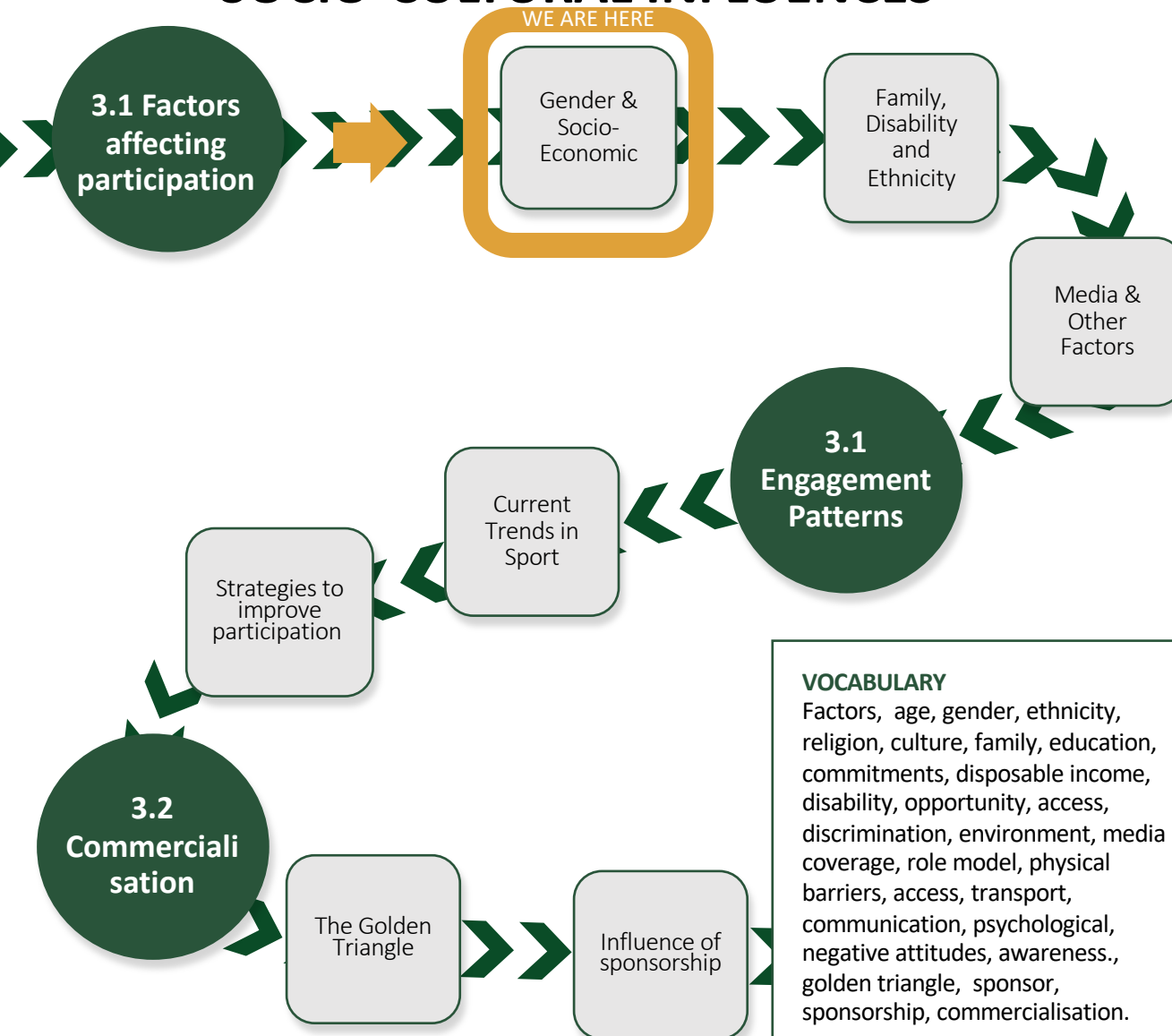
# PAPER 2



# LEARNING JOURNEY

## GCSE PE

### SOCIO-CULTURAL INFLUENCES



There are a number of socio-cultural influences that affect participation in sport and physical activity. In this half term we will be looking at the factors that affect participation for a range of different groups in society. We will investigate different strategies that are used to promote participation using practical examples from physical activities and sport. We will also assess the current trends in participation for different groups in society using data from a number of governing bodies.

Finally, we will begin to look at the influence that sport, sponsorship and sponsors have on one another in a bid to increase commercialisation opportunities for all.

#### VOCABULARY

Factors, age, gender, ethnicity, religion, culture, family, education, commitments, disposable income, disability, opportunity, access, discrimination, environment, media coverage, role model, physical barriers, access, transport, communication, psychological, negative attitudes, awareness., golden triangle, sponsor, sponsorship, commercialisation.

#### TUDOR HABITS AND VALUES

Open to failure and feedback during marking cycles. Students will have an opportunity to be self-reflective and take ownership of their progress. Empathy will be developed as students explore barriers to participation for different groups of people.

#### CAREER LINKS

Role of Local Authorities improving participation  
Role of sponsors within commercialisation



# LEARNING JOURNEY

## GCSE PE

### SPORTS PSYCHOLOGY

#### 4.3. Mental Preparation

WE ARE HERE

Imagery &  
Mental  
rehearsal

Selective  
attention &  
positive  
thinking

This term you will look at the psychology of mental preparation techniques and how sports people use them to cope with the high levels of cognitive and somatic anxiety associated with participating in physical activity.

You will learn the techniques in more depth and be able to apply practical examples when using these techniques. You will need to explain the benefits to why athletes use them before and during performance.

#### VOCABULARY

Imagery, mental rehearsal, selective attention, positive thinking, external, internal, confidence, arousal, anxiety, concentration

#### TUDOR HABITS AND VALUES

Open to failure and feedback during extended writing tasks, using their creativity and newfound knowledge. An opportunity to demonstrate positive regulation through this extended task.

#### CAREER LINKS

Sport psychologists



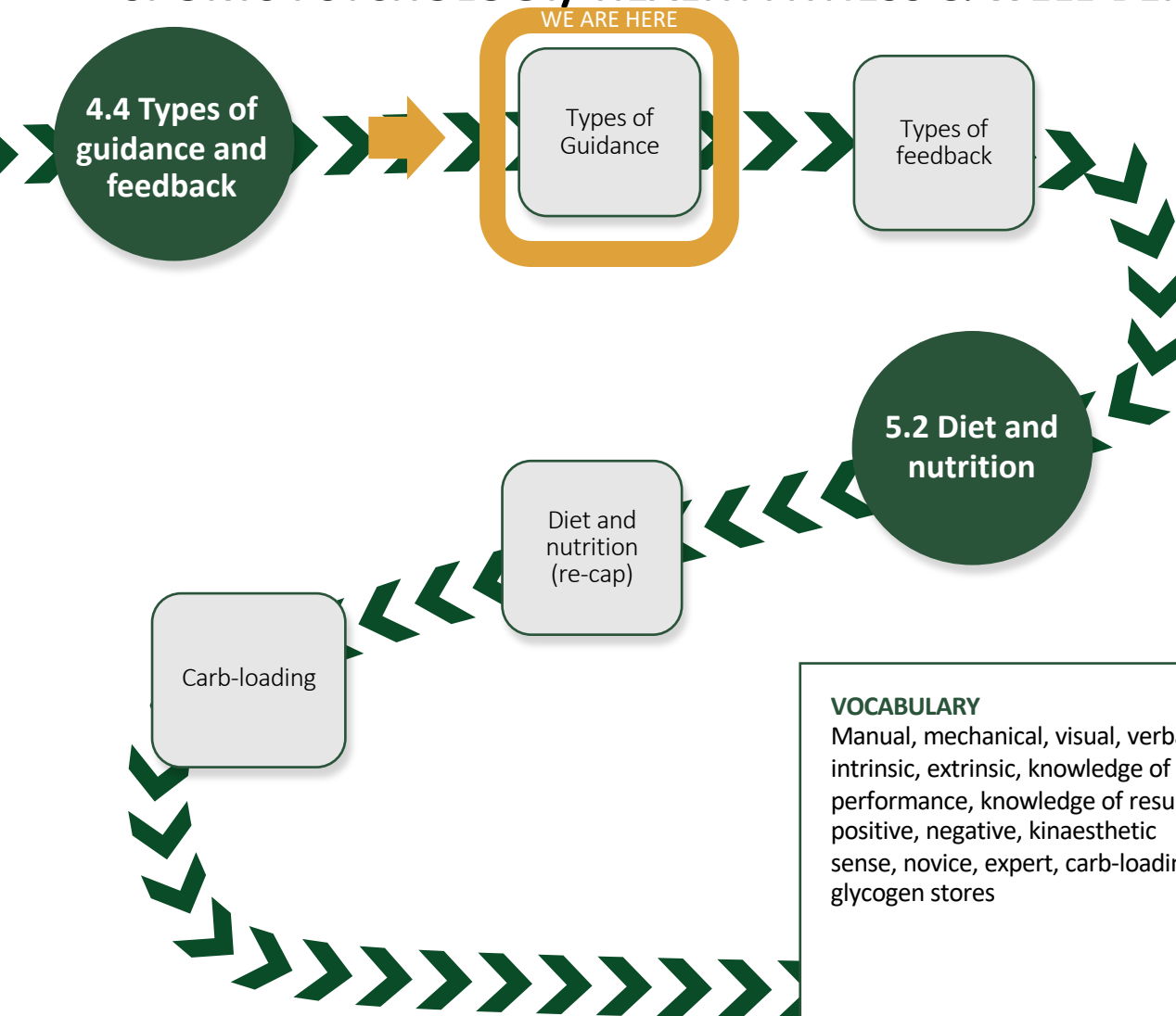
# LEARNING JOURNEY

## GCSE PE

### SPORTS PSYCHOLOGY/ HEALTH FITNESS & WELL-BEING

This term you will learn about the ways in which we teach and learn new motor skills through guidance and feedback. We will investigate the different types of guidance and feedback, and which are the most effective for both novice and expert performers. You will analyse the advantages and disadvantages of each type of guidance and evidence this with practical examples of each.

We will then jump across to re-cap diet and nutrition and how athletes use components of a diet to suit their sporting demands. We will look into more depth at carb-loading and how an endurance athlete will manipulate their diets before an event to maximise performance potential.



#### VOCABULARY

Manual, mechanical, visual, verbal, intrinsic, extrinsic, knowledge of performance, knowledge of results, positive, negative, kinaesthetic sense, novice, expert, carb-loading, glycogen stores

#### TUDOR HABITS AND VALUES

Opportunity to demonstrate responsibility through practical learning tasks and whilst teaching peers. They will need to show levels of kindness and empathy to their peers whilst in a coaching capacity.

#### CAREER LINKS

How coaches, trainers, teachers and athletes themselves use guidance and feedback to improve performance. Sports nutritionists. Sports journalism through extended writing task



# LEARNING JOURNEY

## GCSE PE

### APPLIED ANATOMY & PHYSIOLOGY

#### 2.2 Applying the principles of training

WE ARE HERE

Re-cap Principles of training

Re-cap FITT

#### 2.1 Components of Fitness

Recap components of fitness

#### 2.3 Preventing Injury

Re-cap risks & hazards & PPE

This half term you will be recalling knowledge learnt previously and applying to short and long answer exam questions. This will be in preparation for next term where you will need these specific topics to complete your AEP.

You will create depth of knowledge regarding the principles of training and how athletes will use these fundamentals to create personal training programmes suited specifically for them and get the most from their training. You will need to know how to utilise the principles and FITT effectively to create an action plan specific to a skill weakness.

Similarly, components of fitness and injury prevention have their own sub-sections within the AEP that you will need to show in depth knowledge.

#### VOCABULARY

Specificity, overload, progression, reversibility, frequency, intensity, time, type, muscular endurance, strength, power, coordination, flexibility, speed, reaction time, agility, balance, cardiovascular endurance, risk, hazard, personal protective equipment, risk assessment

#### TUDOR HABITS AND VALUES

Process over product will need to be exercised and metacognitive practices used to work through exam questions.

#### CAREER LINKS

Personal trainers and coaches who build personal exercise programmes.



AEP