

Paper 1



LEARNING JOURNEY

PE

Applied Anatomy and Physiology

1.1. & 1.2 The structure and function of the musculoskeletal system

WE ARE HERE

Location of major bones and muscles

Functions of the skeleton

Muscle movements

1.5 Effects of exercise on the body systems

Short term effects of exercise on body systems

Long term effects of exercise on body systems

VOCABULARY

Fixator
Extension/Flexion
Capillarisation
Vascular shunt/redistribution of blood
Bradycardia
Hypertrophy
Muscle fibres
Aerobic capacity
Osteoporosis

TUDOR HABITS AND VALUES

Process over product: Attempting longer answer exam questions for the first time, students need to exercise patience and use specific techniques consistently – for example PEEL statements.

CAREER LINKS

Sports therapists will need comprehensive knowledge of the body systems, as well as all medical professionals.

You will revisit a variety of physiological topics with the aim to further enhance your ability to apply foundation knowledge of the musculoskeletal system to practical examples. This will include using more advanced knowledge within the functions of the skeleton and extension/flexion at the ball and socket joints.

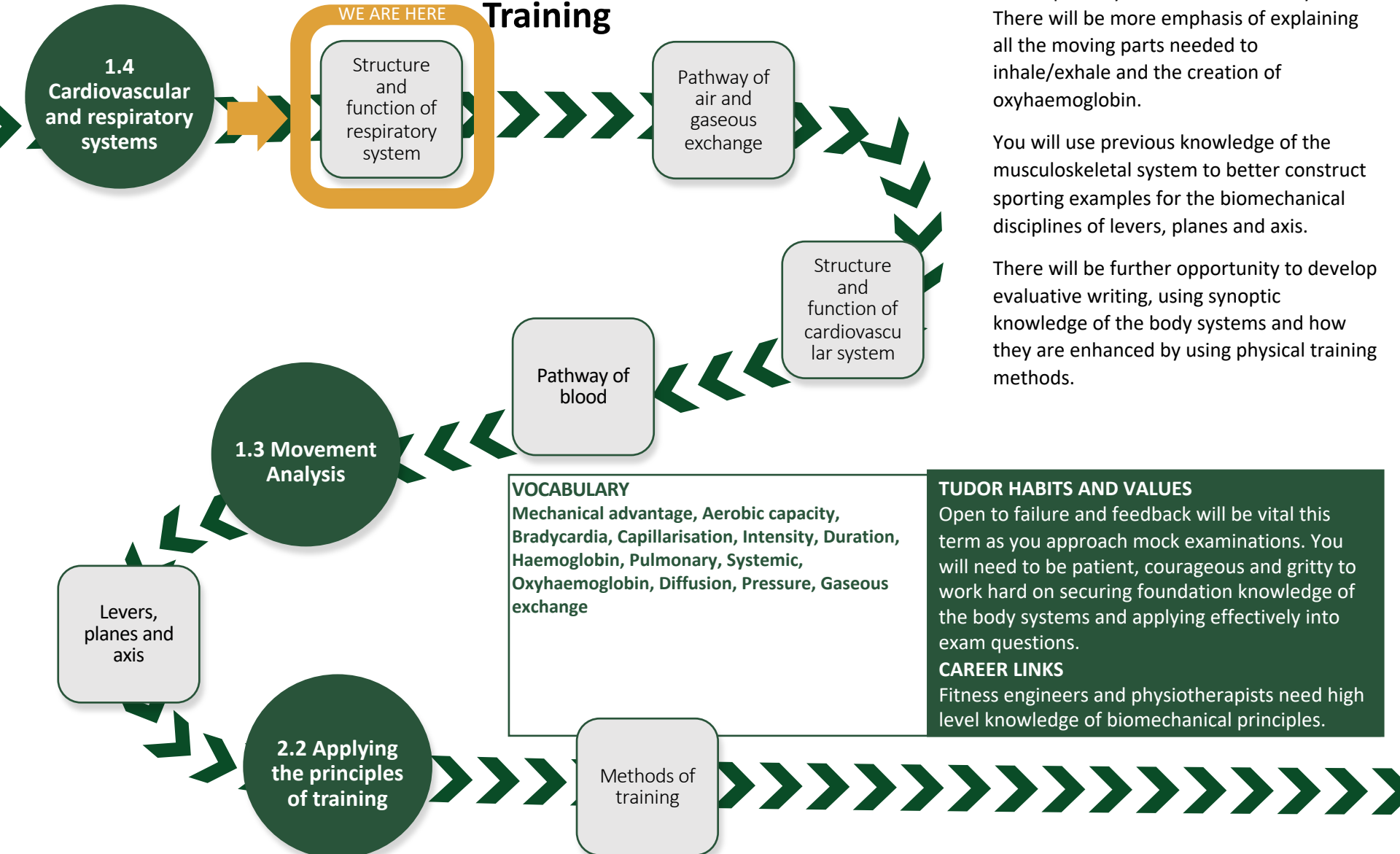
Within effects of exercise, you will look further into using data from graphs and tables. For example, analysing respiratory or cardiovascular data pre and post exercise. We will also investigate a variety of case studies which will be used to facilitate your ability to analyse.



LEARNING JOURNEY

PE

Applied Anatomy and Physiology & Physical Training



This term you will revisit the intricacies of the respiratory and cardiovascular system. There will be more emphasis of explaining all the moving parts needed to inhale/exhale and the creation of oxyhaemoglobin.

You will use previous knowledge of the musculoskeletal system to better construct sporting examples for the biomechanical disciplines of levers, planes and axis.

There will be further opportunity to develop evaluative writing, using synoptic knowledge of the body systems and how they are enhanced by using physical training methods.



LEARNING JOURNEY

PE

Physical Training

2.2 Applying the principles of training

WE ARE HERE

Principles of training

Optimising training

This term, synoptic knowledge is key as you will need to link the body systems learnt in Applied Anatomy and Physiology and the long-term effects of exercise, and how methods and principles of training can be used to achieve the best somatic gains.

You will also look further into how the FITT principle works together with the main principles and how they intertwine to maximise training outcomes.

Exam questions will require you to link this knowledge effectively and apply sound reasoning to your responses.

VOCABULARY

Adaptation
Progression
Intensity
Duration
Optimise
Gradual

TUDOR HABITS AND VALUES

Responsibility in looking through last terms work on methods of training that has direct links to this topic.

CAREER LINKS:

Personal trainers, coaches and the athletes themselves need to have a firm understanding of these concepts.

Paper 2



LEARNING JOURNEY

PE

Socio-Cultural Influences

3.1 Engagement patterns in physical activity and sport

WE ARE HERE

Factors effecting participation

Trends in participation

Strategies to improve participation

3.2 Commercialisation of physical activity and sport

Commercialisation, golden triangle

Advantages and disadvantages of sponsorship

VOCABULARY

Participation rates
Social groups
Opportunity
Discrimination
Prejudice
Promotion/Provision/Access
Commercialisation
Influence

TUDOR HABITS AND VALUES

You will need to demonstrate thoughtfulness, kindness and integrity in understanding the complexities of the factors effecting participation. This topic needs maturity and an emphatic nature.

CAREER LINKS

Working within Government sport agencies, manager at health and fitness centres, sport media and sponsorship companies to name but a few.

This term will focus on recapping the way a society can influence our engagement in physical activity. How sport can become a 'fashion' and how this will then go on to influence how society sees that sport. You will explore further the influence of sponsorship and media on how a sport is perceived and consequently the money it can generate to grow further.

You will be evaluating the advantages and disadvantages of sponsorship and media and apply sporting examples to this. It is important that you are aware of real-world sporting issues.



LEARNING JOURNEY

PE

Socio-cultural Influences & Sports Psychology

3.3 Ethical Issues
in physical
activity and
sport

WE ARE HERE

Sportsmans
hip,
gamesmans
hip and
violence

PEDs

4.1
Characteristics
and
classification
of skills

Classificati
on of skills

Characteris
tics of skills

This term, you will practice applying practical examples to ethical studies, and not only explain the differences between sportsmanship, gamesmanship and deviance but also evaluate ways to reduce the impact of violence.

You will need to explain in more detail the differences between the 3 performance enhancing drugs studied in GCSE PE and evaluate which athletes would most likely be inclined to take such PEDs due to their effects. You will evaluate the other reasons why athletes may take PEDs, for example for sociological motives.

You will secure your knowledge of characteristics of skilful movement and be able to apply practical examples. Moreover, you will look to create arguments to justify a motor skills place on both classification continua.

VOCABULARY

Etiquette, Deviance, Fairness, Society norms, Sportsmanship, Gamesmanship, Anabolic steroids, Beta blockers, Stimulants, Prohibited, Motor skill, Perception, Judgements, Decision making

TUDOR HABITS AND VALUES

A huge amount of maturity, empathy, honesty and integrity will need to be demonstrated in class discussion and written work, particularly on the topics within ethical issues and its complexities.

CAREER LINKS

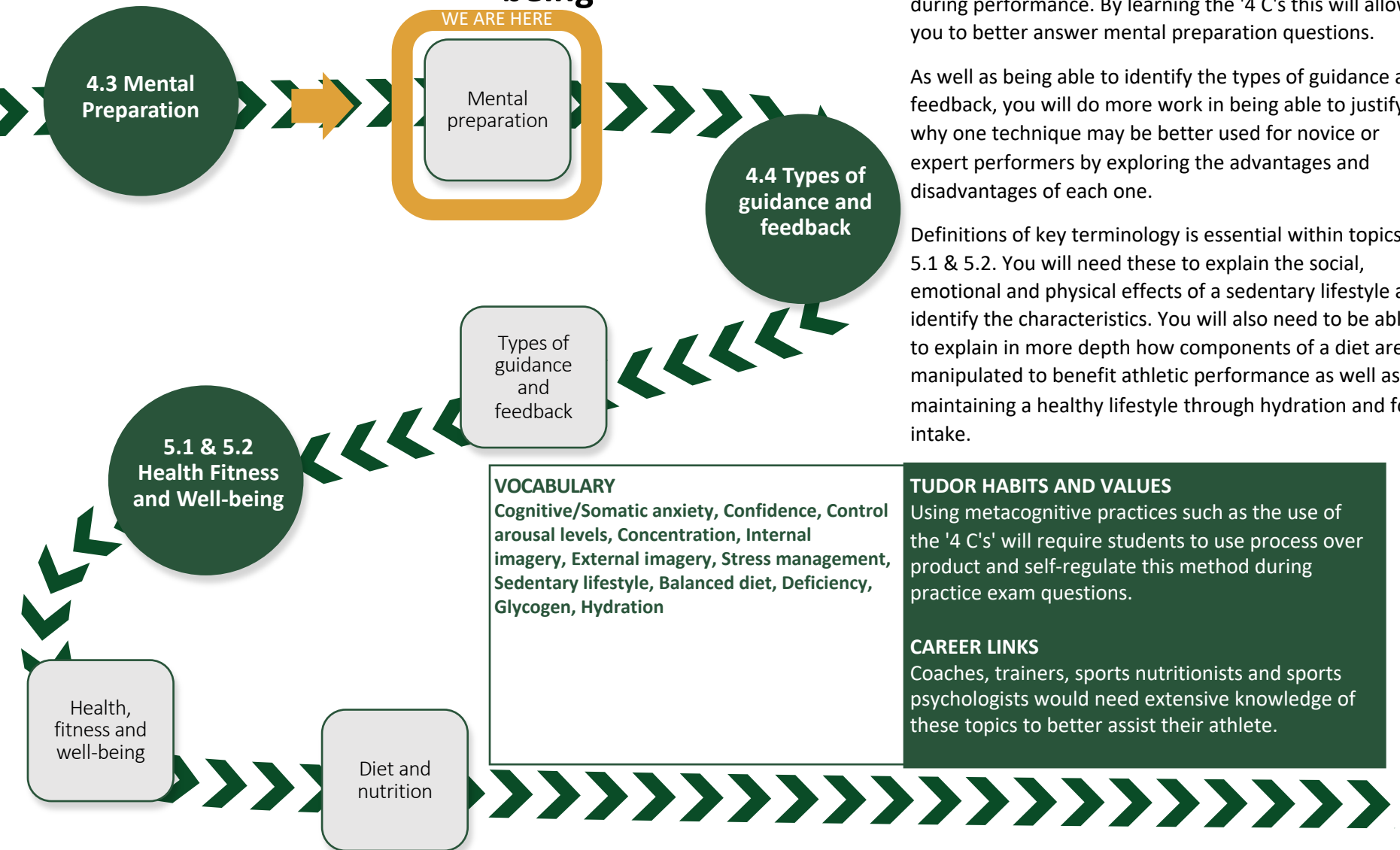
Teaching, coaching, sports analysis and careers in organisations such as UK Anti-Doping



LEARNING JOURNEY

PE

Sports Psychology & Health, Fitness & Well-being



This term you will recap mental preparation techniques and be able to apply practical examples to each as well as explaining the reasons why athletes use them before and during performance. By learning the '4 C's' this will allow you to better answer mental preparation questions.

As well as being able to identify the types of guidance and feedback, you will do more work in being able to justify why one technique may be better used for novice or expert performers by exploring the advantages and disadvantages of each one.

Definitions of key terminology is essential within topics 5.1 & 5.2. You will need these to explain the social, emotional and physical effects of a sedentary lifestyle and identify the characteristics. You will also need to be able to explain in more depth how components of a diet are manipulated to benefit athletic performance as well as maintaining a healthy lifestyle through hydration and food intake.

VOCABULARY

Cognitive/Somatic anxiety, Confidence, Control arousal levels, Concentration, Internal imagery, External imagery, Stress management, Sedentary lifestyle, Balanced diet, Deficiency, Glycogen, Hydration

TUDOR HABITS AND VALUES

Using metacognitive practices such as the use of the '4 C's' will require students to use process over product and self-regulate this method during practice exam questions.

CAREER LINKS

Coaches, trainers, sports nutritionists and sports psychologists would need extensive knowledge of these topics to better assist their athlete.