



LEARNING JOURNEY

A Level PE

Physical factors affecting performance

WE ARE HERE

Topic 1.1

Joints movements and muscles

How do muscles contract?

Conduction system and cardiac cycle

CV system during differing intensities

Regulation of HR and redistribution of Q

This half-term you will look deeper into the muscles in the body and how contractions are made. This will give you a firm understanding of which muscle groups work together to produce which movements. This knowledge will facilitate your understanding of how analyse movements of a performer. Through the study of this half-term, students will move on to look at the CV system. How the heart is regulated, the changes during differing intensities and how the body responds to exercise meeting supply and demand to reduce fatigue and prolong performance.

VOCABULARY

Antagonistic, action potential, structural/functional, motor unit, diastole, systole, plateau, parasympathetic, redistribution

TUDOR HABITS AND VALUES

Develop a willingness to participate in class discussions around the impact of exercise on the body's systems.

Self-regulation: Students learn to become both curious and reflective about their own learning through feedback cycle of yellow sheets.

CAREER LINKS-

You will explore careers that use the information explored to maximise performance in athletes and day to day life.