



# LEARNING JOURNEY

## A Level PE

### Physical factors affecting performance

WE ARE HERE

Topic 1.1c

Exercise in  
the heat

Exercise at  
altitude

ATP/PC  
system

Glycolytic  
energy  
system

Aerobic  
energy  
system

Energy  
continuums

Energy  
systems  
& Recovery  
from exercise

#### VOCABULARY

Acclimatisation,  
cardiovascular  
drift, coupled  
reaction,  
resynthesis,  
EPOC, OBLA

#### TUDOR HABITS AND VALUES

Develop a willingness to participate in class presentations of energy systems.

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

#### CAREER LINKS-

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

During this topic students will look at how the body's systems are affected by exercising in the heat and at altitude, here you will draw upon prior knowledge of cardiovascular and respiratory effects for diffusion and vasodilation.

Students will then look at the interplay of energy systems and how different activity levels will impact on recovery time. Students will look back to this topic when looking at ergogenic aids and how these can reduce recovery time after exercise.