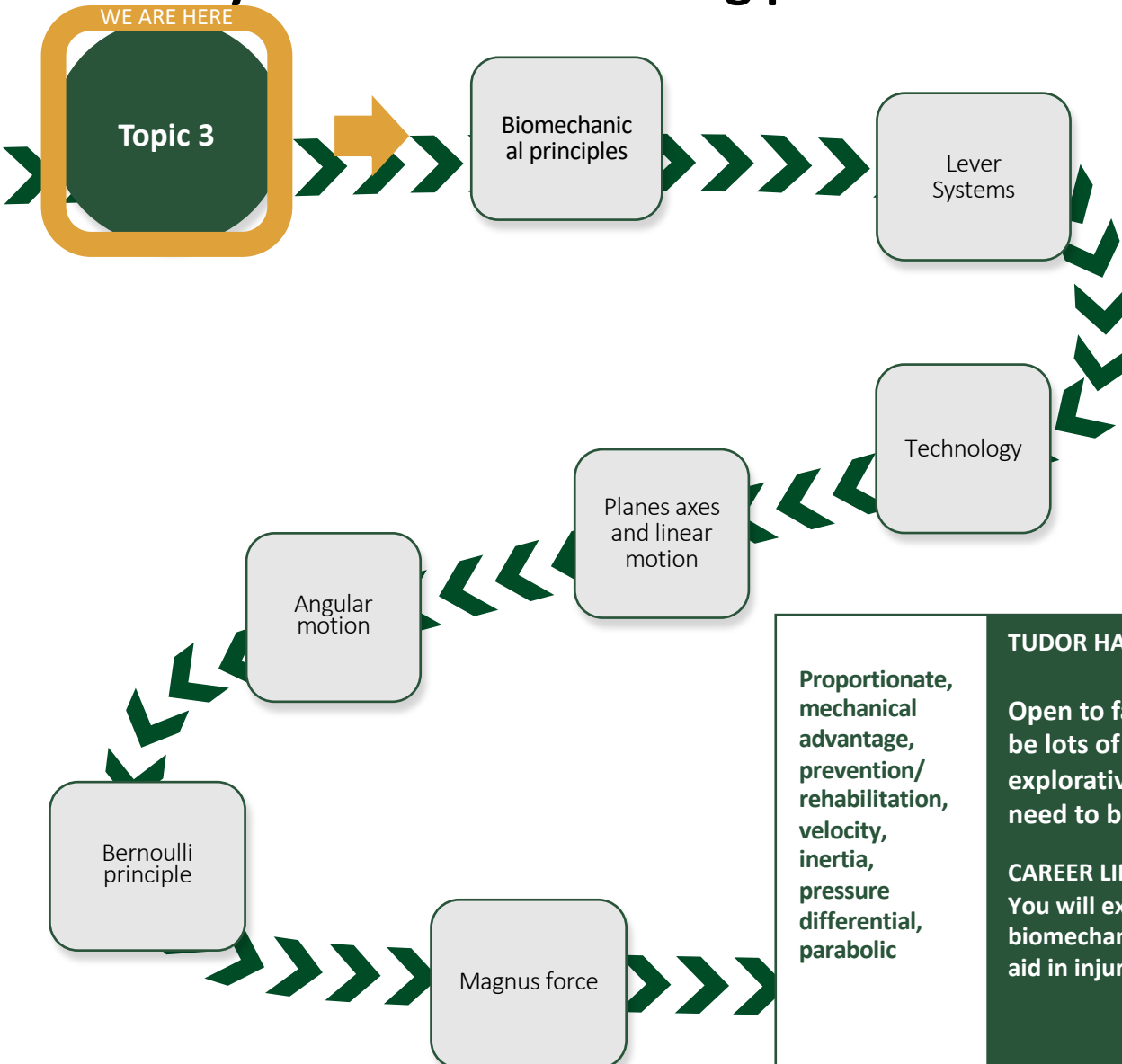




LEARNING JOURNEY

A Level PE

Physical factors affecting performance



This topic you will learn biomechanical principles related to Newton's Laws and force, including the factors affecting air resistance and how this knowledge is applied to sports performance. You will also develop knowledge and understanding of the use of technology to analyse movement and improve performance. We will develop knowledge and understanding, and be able to calculate and understand graphs for, linear and angular motion. Fluid mechanics and Bernoulli's principle will be understood along with the application of projectile motion on the design of equipment and the use of spin in sport.

TUDOR HABITS AND VALUES

Open to failure and feedback: During the topic there will be lots of opportunities to develop understanding through explorative tasks and practical activities. Here you will need to be resilient where you may not succeed first time.

CAREER LINKS-

You will explore careers surrounding the the use of biomechanical data to improve technique and equipment, and aid in injury prevention and rehabilitation.

Proportionate,
mechanical
advantage,
prevention/
rehabilitation,
velocity,
inertia,
pressure
differential,
parabolic