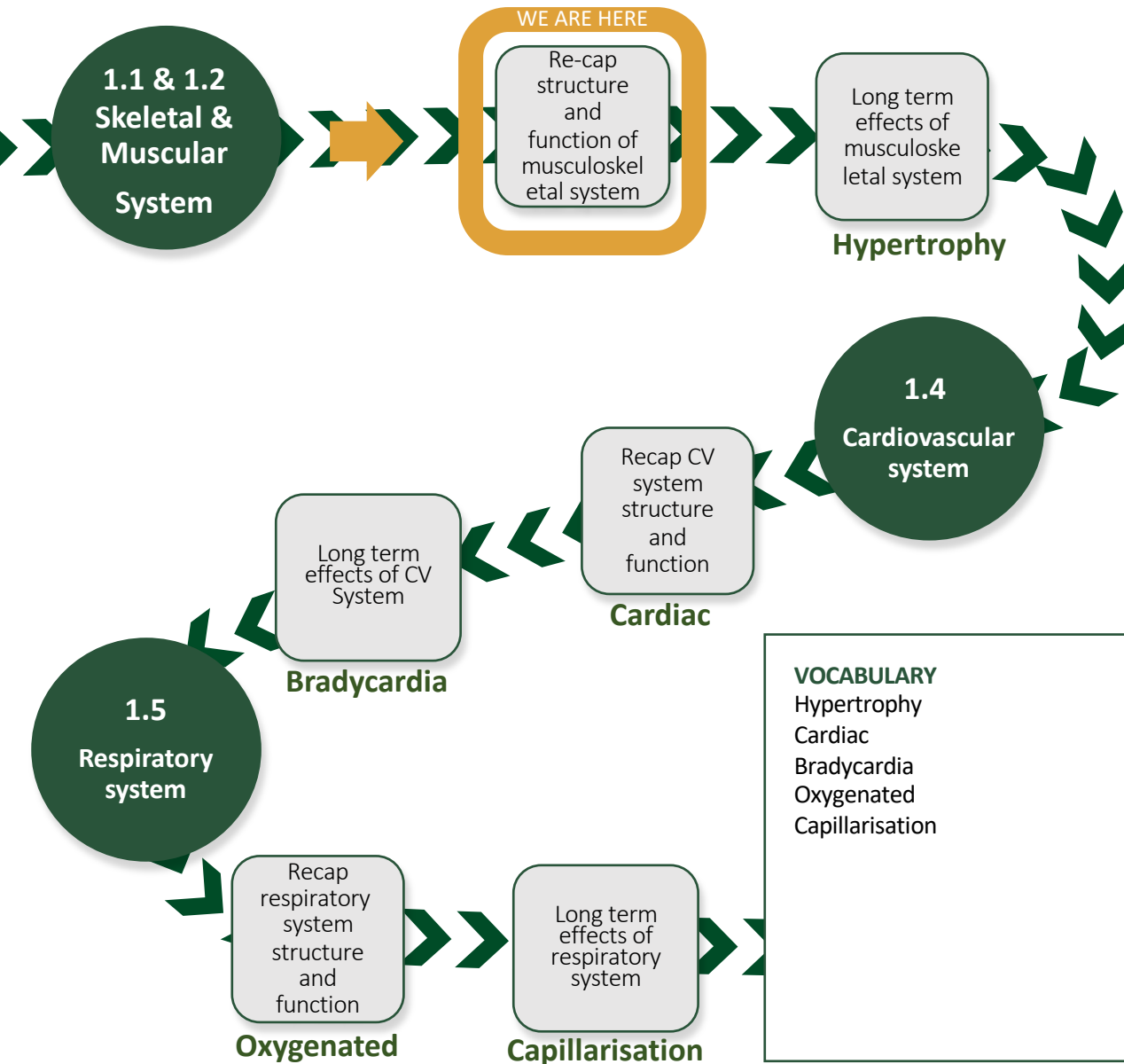




LEARNING JOURNEY

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

Hypertrophy
Cardiac
Bradycardia
Oxygenated
Capillarisation

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.



LEARNING JOURNEY

GCSE PE

SPORTS PSYCHOLOGY/ HEALTH FITNESS & WELL-BEING

4.4 Types of
guidance and
feedback

WE ARE HERE

Types of
Guidance

Kinaesthesia

Types of
feedback

Intrinsic/Extrinsic

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.

VOCABULARY

Intrinsic
Extrinsic

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

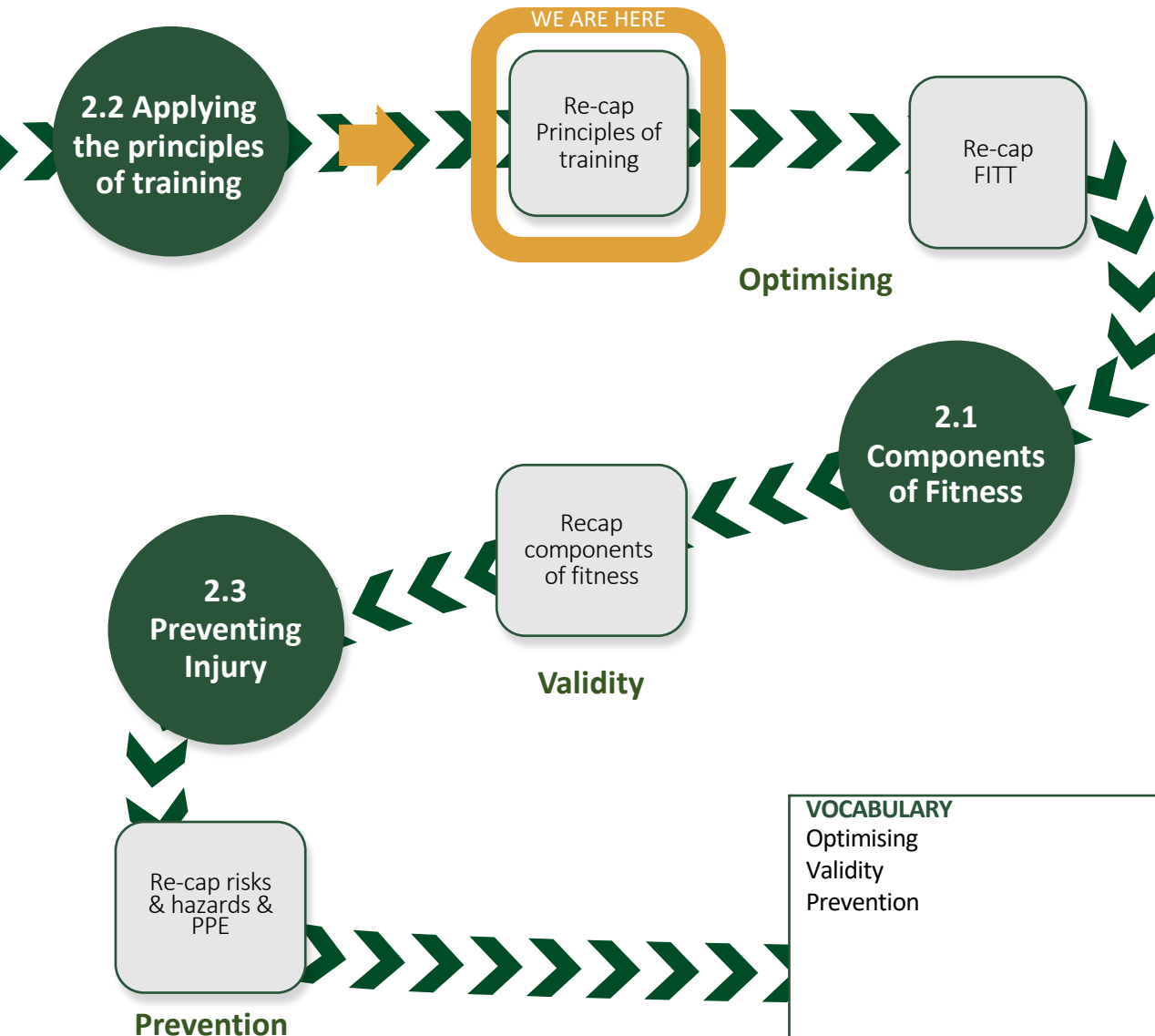
How coaches, trainers, teachers and athletes themselves use guidance and feedback to improve performance.
Sports nutritionists. Sports journalism through extended writing task



LEARNING JOURNEY

GCSE PE

APPLIED ANATOMY & PHYSIOLOGY



You will recall 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

Optimising
Validity
Prevention

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.



LEARNING JOURNEY

GCSE PE

HEALTH FITNESS & WELL-BEING

Diet & Nutrition

WE ARE HERE

Re-cap Diet
and
Nutrition

Carb-
Loading

Manipulate

This term you will begin by re-capping 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 manipulates their glycogen intake in order to maximise their performance potential.

VOCABULARY

Manipulate

TUDOR HABITS AND VALUES

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

CAREER LINKS

Dietitians and nutritionists