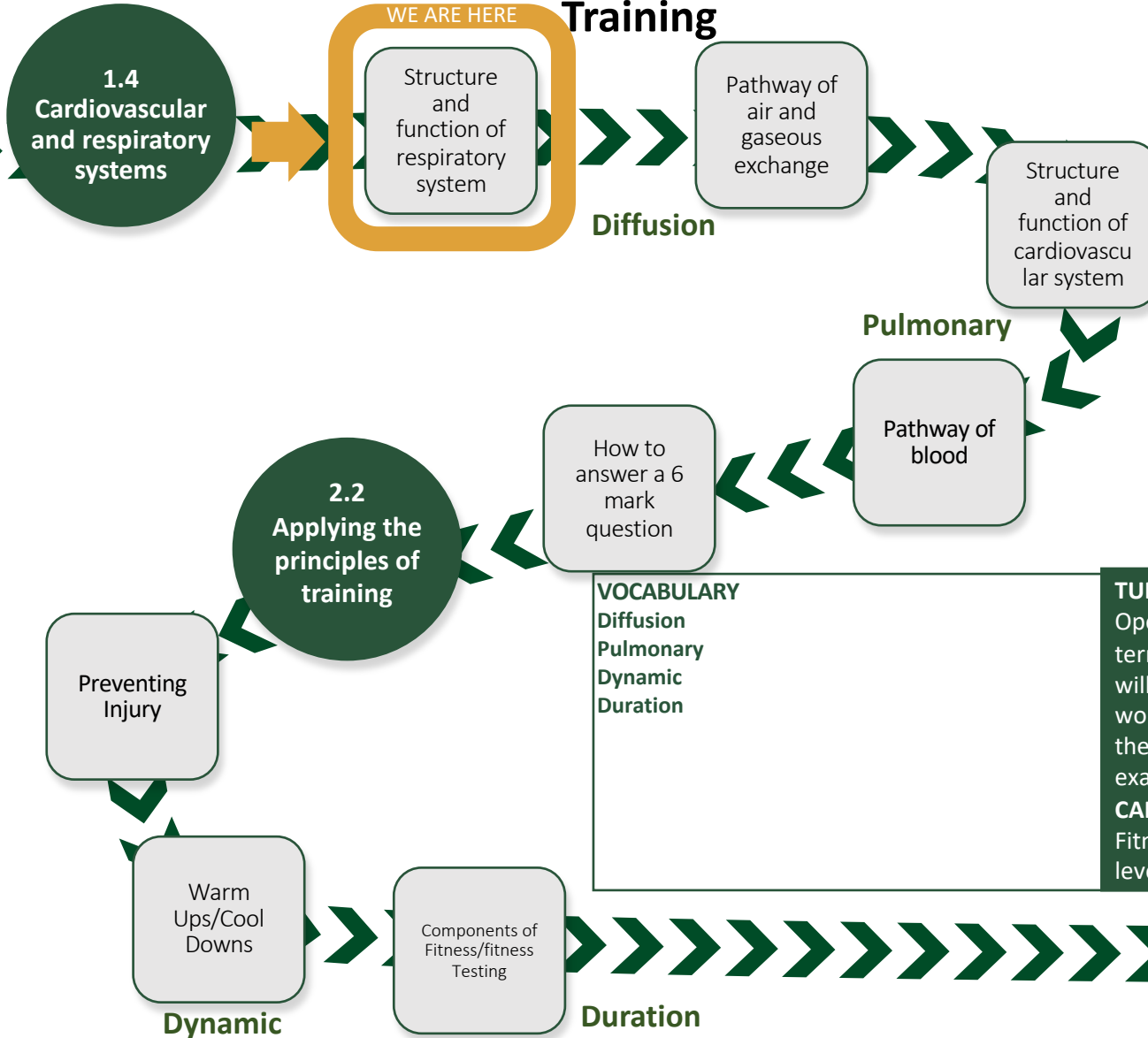




LEARNING JOURNEY

PE

Applied Anatomy and Physiology & Physical Training



VOCABULARY
 Diffusion
 Pulmonary
 Dynamic
 Duration

TUDOR HABITS AND VALUES
 Open to failure and feedback will be vital this term as you approach mock examinations. You will need to be patient, courageous and gritty to work hard on securing foundation knowledge of the body systems and applying effectively into exam questions.

CAREER LINKS
 Fitness engineers and physiotherapists need high level knowledge of biomechanical principles.

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 oxygenated blood.

We will look into further detail of injury prevention and how we can work and train safely. This links to better understanding of the components of a warm-up and cool down and its importance within a training session.

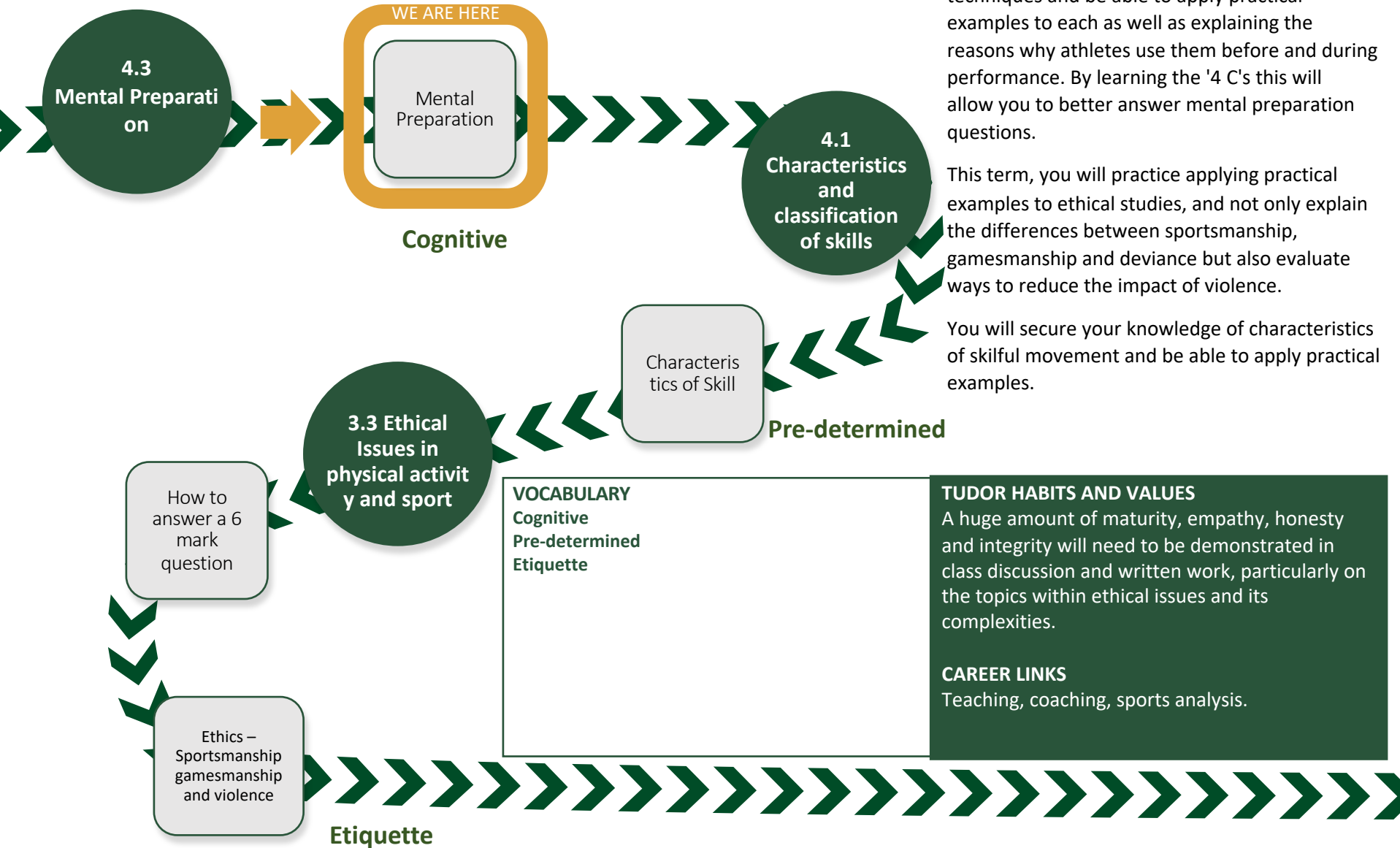
There will be further opportunity to develop evaluative writing, using synoptic knowledge of both paper 1 and paper 2 content as we look at how to structure 6 mark questions.



LEARNING JOURNEY

PE

Socio-cultural Influences & Sports Psychology



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.

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 secure your knowledge of characteristics of skilful movement and be able to apply practical examples.

VOCABULARY
 Cognitive
 Pre-determined
 Etiquette

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.

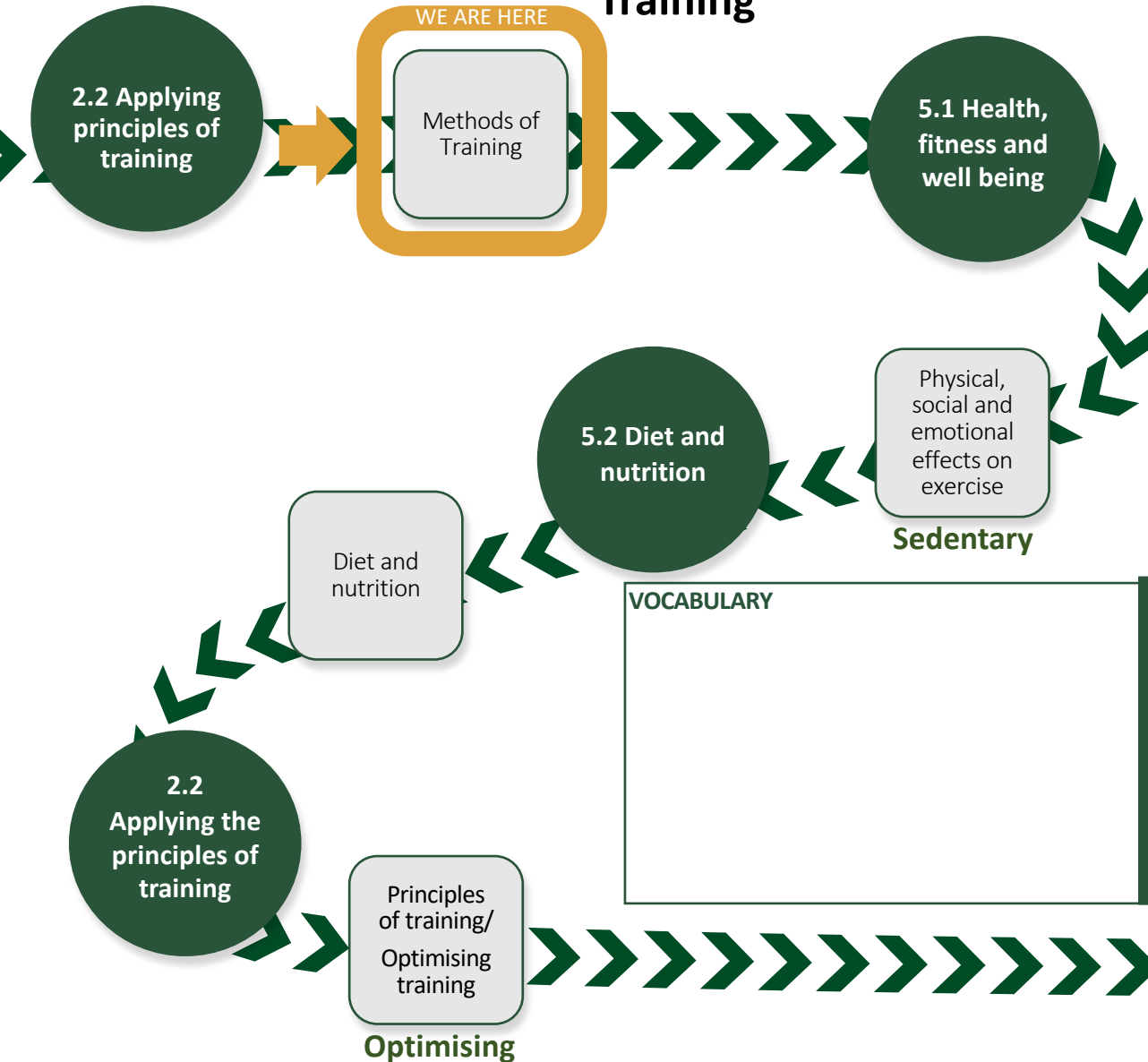
CAREER LINKS
 Teaching, coaching, sports analysis.



LEARNING JOURNEY

PE

Applied Anatomy and Physiology & Physical Training



This term you will revisit the physical training topic which will involve recapping both methods of training and the principles of training. This will specifically focus on application of methods and principles and being able to provide sporting examples for each area.

This will have a clear synoptic link onto the diet and nutrition topic and look further into how athletes manipulate their diet to function better in both training and competition.

You will also recap how exercise has a profound effect on you physically, socially and emotionally, and how a sedentary lifestyle has adverse effects on all these factors.

TUDOR HABITS AND VALUES
 Open to failure and feedback will be vital this term as you approach mock examinations. You will need to be patient, courageous and gritty to work hard on securing foundation knowledge of the body systems and applying effectively into exam questions.

CAREER LINKS
 Fitness engineers and physiotherapists need high level knowledge of biomechanical principles.