

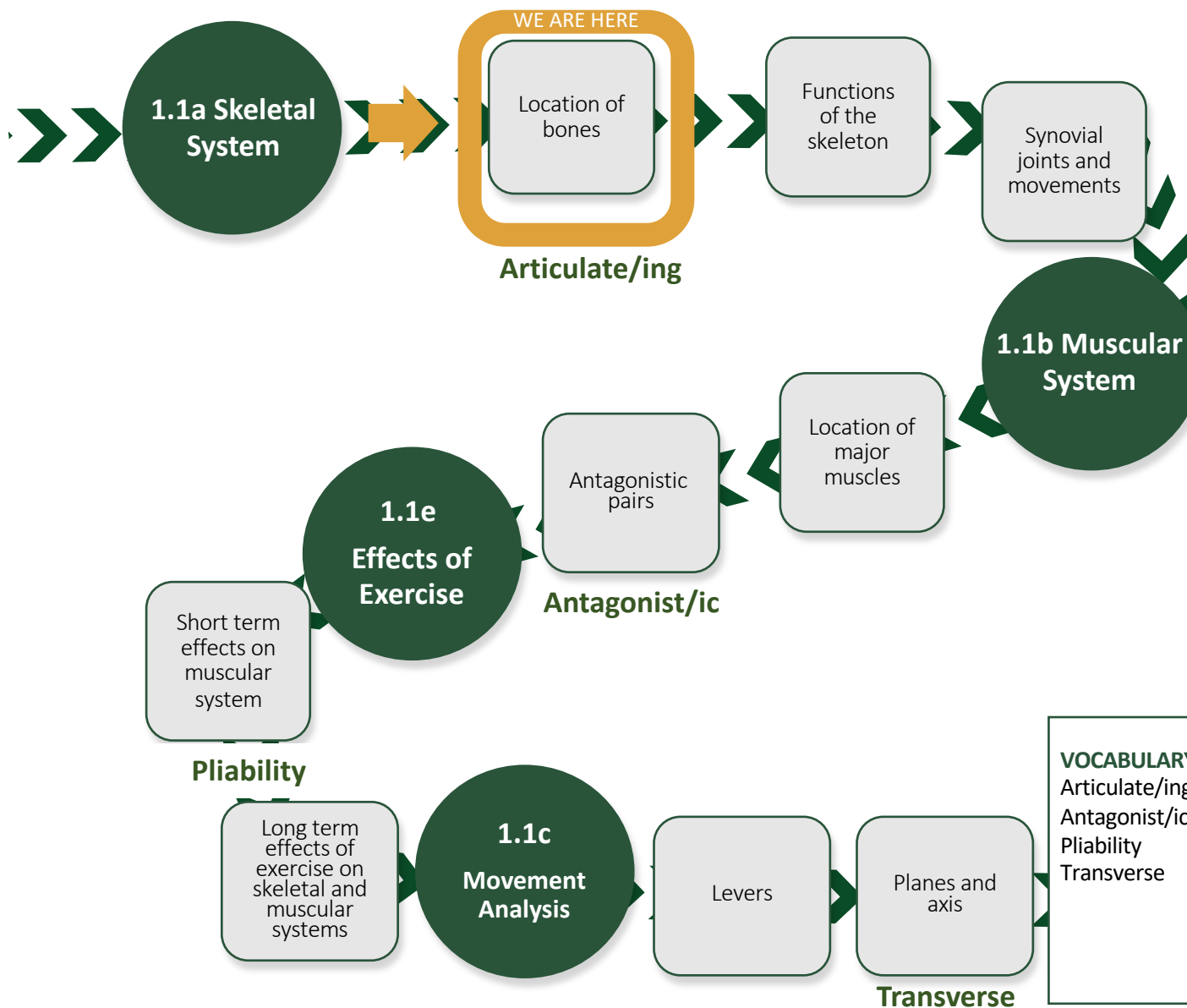
Autumn 1 - 2023



# LEARNING JOURNEY

## GCSE PE – Paper 1

### PHYSICAL FACTORS AFFECTING PERFORMANCE



This term will introduce you to the foundation knowledge that underpins the entire Paper 1 specification. You will begin learning about 2 out of the 4 main body systems – Skeletal and Muscular. This includes the location of the main bones and muscle groups as well as understanding the structure of joints and the function of each part.

You will learn the effects of exercise on these systems; what happens to the muscular system immediately when we begin to exercise as well as how they adapt and change as we take our body through intensive and prolonged periods of exercise of 6 weeks or more.

Finally, you will delve into some biomechanical principles of how the body moves when producing sporting movements.

**VOCABULARY**  
 Articulate/ing  
 Antagonist/ic  
 Pliability  
 Transverse

**TUDOR HABITS AND VALUES**

Opportunity to exercise responsibility during whole class practical-theory tasks.

**CAREER LINKS**

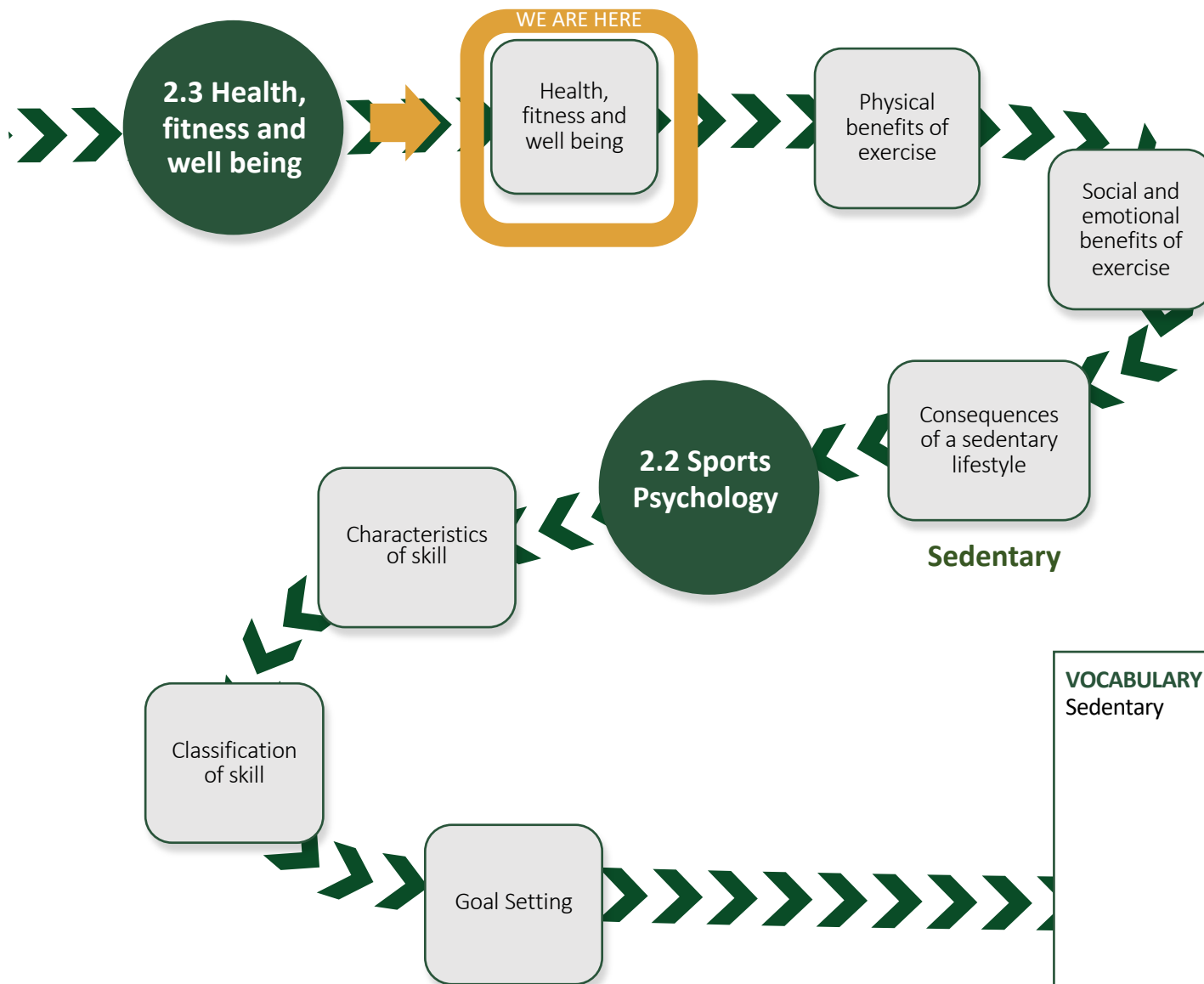
Many careers both in PE, medicine and sport analysis need to know the main muscle groups, bones, how exercise effects the body and understanding the principles of how the body moves effectively.



# LEARNING JOURNEY

## GCSE PE – Paper 2

### SOCIO CULTURAL ISSUES AND SPORTS PSYCHOLOGY



This term you will learn the how important being physically active is to our health in a variety of ways, and how being physically, emotionally and socially balanced is important to your overall well-being.

The first sports psychology lessons you will learn this year delve into your appreciation of motor skills; when we see a skilled performer, how can be describe their movements and the way in which they effortlessly perform.

You will then move onto how we categorise a variety of motor skills on two different continua which will help to understand why we teach and develop skills in different ways.

Lastly, you will learn how to create a SMART goal.

<p><b>VOCABULARY</b> Sedentary</p>	<p><b>TUDOR HABITS AND VALUES</b> Demonstrating empathy and consideration within sensitive class discussion.</p> <p><b>CAREER LINKS</b> Nutritionists, health experts and doctors will need to be aware of health, fitness and well-being benefits and consequences. Sports psychologists, coaches, athletes, sports analysts will use these concepts. You will also get opportunity in lesson to use journalistic skills.</p>
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