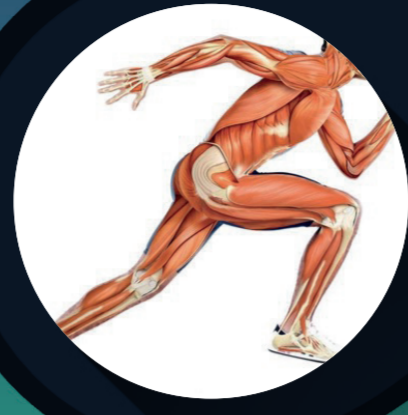




AQA GCSE PE

Skeletal & Muscular System

Functions of the skeletal and muscular system.
Names of bones and muscles.
Antagonistic muscle pairs.
Joints & ranges of movement.



Cardio-vascular System

Functions of the system.
Pathway of blood around the body.
The makeup of blood & blood vessels.



Respiratory System

Functions of the system.
Inhalation vs exhalation.
What is gaseous exchange?
Pathway of air into the body.



Effects of Exercise

Immediate effects of exercise on the body during exercise.
Long term effects of exercise on the body.



Movement Analysis

Understand the 3 types of levers.
Explain the 3 types of planes and axes of movement.
Link movements to sporting actions.



Physical Training

Health, fitness, and exercise.
Types of training in physical activity.
How to use principles of training to increase performance.



Coursework Module

Analysis of a sports performer.
Identify components of fitness strengths and weaknesses.
Skills strengths and weaknesses.
Create a training session to improve performance.

Game 1		
Successful	Percentage rate	Unsuccessful
8	77%	6
10	100%	0
12	63%	7
15	80%	4

to show the successful and unsuccessful rates from a training session.

Game 2		
Successful	Percentage rate	Unsuccessful
14	95%	2
16	36%	7
18	79%	5
20	70%	3

successful and unsuccessful rates from a training session.

Sport Psychology

Information processing in game situations.
Mental preparation for physical activity.
Classification of skills.
Goal setting to achieve progress.



Socio-Cultural issues

How different social groups have an impact on sporting participation.
Cultural issues surrounding sport.
Performance enhancing drugs in sport.
Hooliganism in sport.



Health, Fitness & Wellbeing

How different body types impact all sports.
A balanced diet.
Healthy lifestyles positively and negatively effecting sport.

