GCSE PE LEARNING JOURNEY – Paper 1

6th form

College

Employment

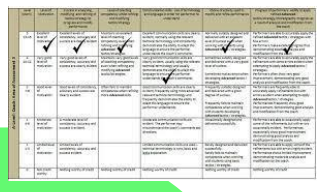
Future Pathways

YEAR 11 January

Summer exams

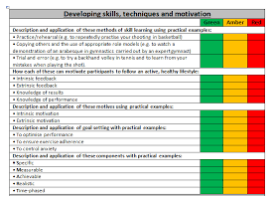
NEA moderation

Applied anatomy and physiology Revision



GAP analysis revision

Movement Analysis Revision



NEA Practical performance submission

YEAR 11 September

Principles of overload

Intensities for training

Specific training methods

Training seasons

Types of training

Safety principles of training

Effective Warm up and cool down

NEA Final submission

Principles of training

NEA Analysis 1st Hand in

Fitness tests

Components of fitness

Relationship between health and fitness

Movement analysis

Qualitative and Quantitative

Evaluating fitness tests

Reasons for fitness testing

Components of fitness

Analysis of selected movements

Planes and Axes

YEAR 11 September

Warming up and cooling down

Exercise (aerobic and anaerobic)

Immediate and short term effects of exercise

Long term effects of

Paper 1 Movement Analysis

Mechanical advantage

Cardiac output

EPOC (oxygen debt)

Recovery from exercise

Levers

NEA Analysis and Performance

Practical- Football, Netball, Table Tennis, Basketball

Cardiac Cycle

Blood vessels

Breathing Inspiration/expiration

The respiratory system

Joints and movement

Functions of the Skeleton

YEAR 10 September

Structure of the heart

Lung volumes

Gaseous exchange

Muscle action (contractions and antagonistic pairs)

Synovial joints

The Structure of the skeleton

Paper 1 Applied anatomy and physiology