

AQA GCSE Physical Education – Year 10 and 11 Overview (2 Year Course)

(for students leaving Year 11 Summer 2023)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	<p style="text-align: center;"><u>TRAINING UNIT (PAPER 1)</u></p> <p>Health and Fitness Definitions and the relationship between health and fitness.</p> <p>Training intensities – aerobic and anaerobic Definitions of the thresholds and ability to calculate the training intensities from Max HR.</p> <p>The Components of Fitness. Definitions of each component of fitness and understand their link to physical activity and performance.</p> <p>Fitness Testing Reasons for fitness testing, limitations of fitness testing/tests, procedures and data collection.</p> <p>Types of Training Including Altitude Training Undersand the different types, undersand which are aerobic and anaerobic, understand advantages and disadvantages of the methods.</p>	<p style="text-align: center;"><u>TRAINING UNIT (PAPER 1)</u></p> <p>Considerations to Prevent Injury Name and understand factors that affect injury prevention and how.</p> <p>Recovery from exercise Know ways that speed up/help recovery.</p> <p style="text-align: center;"><u>HEALTH AND FITNESS UNIT (PAPER 2)</u></p> <p>Well-being Physical/mental/social health and well being benefits and fitness benefits.</p> <p>Diet and hydration Nutrients, how energy is stored, 3 reasons for a balanced diet, %'s recommended daily intake of 3 main nutrients, 7 nutrients and functions, water balance – hydration/dehydration (5 effects), importance of hydration in sport.</p> <p>Energy balance Calories (Kcal), daily requirements related to age, gender, height and energy expenditure.</p>	<p style="text-align: center;"><u>SCOIO CULTURAL FACTORS UNIT (PAPER 2)</u></p> <p>Social groups/Engagement Patterns Gender, race/religion/culture,age, family/friends/peers,disability. People who interact with one another, share similar characteristics and have a sense of unity/togetherness.</p> <p>Barrier to participation 'TIME' transport, income, mobility, education.</p> <p>Commercialisation The process by which a new product or service is introduced into the general market. Relationship between sport, sponsorship and the media.</p> <p>Types of sponsorship, positive and negative impacts of sponsorship and the media Reasons for sponsoring – 'PAST' – publicity, association, support, tax.</p>	<p style="text-align: center;"><u>SPORTS PSYCHOLOGY UNIT (PAPER 2)</u></p> <p>Skill and Ability Definitions.</p> <p>Classification of skills Basic/complex, open/closed,self-paced/externally-paced with linked examples. Continuums/classifications.</p> <p>Guidance Visual, verbal, manual, mechanical examples and relevance to beginner/elite performers. Examples of how guidance given.</p> <p>Feedback Positive/negative, knowledge of results/knowledge of performance, intrinsic/extrinsic. Link to beginner/elite and which are more appropriate and why.</p> <p>Information processing model Role of each stage of model: input, decision making, output, feedback. Draw the model. Apply the model to different skills.</p>	<p style="text-align: center;"><u>SPORTS PSYCHOLOGY UNIT (PAPER 2)</u></p> <p>Motivation Intrinsic and extrinsic – types of/examples linked to different sports, evaluation of different effects these motivations can have on performance.</p> <p>Arousal Definition, inverted U theory, draw graph and label accurately. Relationship of arousal to performance – high/low under/over. Link to gross/fine skills and affect of arousal on these skills being applied.</p> <p>Mental preparation Control of arousal/being mentally prepared linked to stress management techniques – deep breathing, mental rehearsal/visualisation/imagery, positive self talk. Relevant sports examples. Mental preparation linked to warm up.</p> <p>Aggression Direct and indirect – sports examples for both.</p>	<p style="text-align: center;"><u>ANATOMY AND PHYSIOLOGY UNIT MUSCULOSKELETAL SYSTEM (PAPER 1)</u></p> <p>Functions of the Skeleton Know the 6 functions Be able to apply them to performance/physical activity.</p> <p>Bones Identification of bones at key skeletal locations – especially where the main movement joints are located.</p> <p>Muscles Identification of where the main muscle groups are located using correct anatomical names. The role of tendons should also be understood.</p> <p>Synovial Joints Structures, role of structures in a synovial joint. Different types of synovial joint and where they are located – main focus on ball and socket and hinge.</p> <p>Types of movement How joints differ in design to allow certain types of movement at a joint – flexion, extension etc.</p>

<p>Include training intensities of weight training.</p> <p>Principles of Training Definitions and understanding of all key principles. Ability to apply to sporting examples in terms of how they can develop fitness.</p> <p>Seasonal Aspects Name th three main sections, understand the aims and what each section entails with application to specific sporting examples.</p> <p>Warm Up and Cool Down The constituent parts of warming up and cooling Dow including the reasoning and benefits for each section.</p>	<p>Sedentary lifestyle 7 consequences of following this type of lifestyle.</p> <p>Obesity 4 affects on performance in physical activity and sport, 4 links to physical ill health, 2 links to mental ill health, 2 links to social ill health.</p> <p>Somatotypes Endomorph, ectomorph, mesomorph key characteristics and suitability for different sports/positions.</p>	<p>Technology Innovations to improve sport/performance/experience. Positive and negative impacts.</p> <p>Conduct of performers Etiquette, sportsmanship, gamesmanship, contract to compete.</p> <p>PED's Stimulants, narcotic analgesics, anabolic agents, diuretics, peptide hormones (EPO), blood doping, beta blockers – effects of and link to which type of performers use. Reasons for drug taking – 'FILS' – fame, income, level playing field, succes. Disadvantages of drug taking – 'CBaFRaH' cheating, banes, fines, reputation, health risks – to performer and to the sport.</p> <p>Spectator behaviour Positive/negative then further link to hooliganism – reasons for and strategies employed to combat hooliganism.</p>	<p>Goal setting Definitions of types of goals – examples related to performance and outcome, use and evaluation of setting goals, SMART targets.</p> <p>Motivation Intrinsic and extrinsic – types of/examples linked to different sports, evaluation of different effects these motivations can have on performance.</p> <p>Arousal Definition, inverted U theory, draw graph and label accurately. Relationship of arousal to performance – high/low under/over. Link to gross/fine skills and affect of arousal on these skills being applied.</p>	<p>Personality Introvert/extrovert characteristics of each type, tend to play sports examples</p>	<p>Synovial Joints application. Analyzing and applying movement typos and joint type to specific sporting movements.</p> <p>Structure of skeleton How the skeletal system provides a framework for movement (in conjunction with the muscular system): Allows movement at a joint, the shape and type of the bones determine the amount of protection of vital organs, the different joint types allow different types of movement and provides a point of attachment for muscles.</p> <p>Muscle Contractions Antagonistic pairs – locations, key terminology. Different types of muscle contraction.</p>
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Year 11	<p><u>ANATOMY AND PHYSIOLOGY UNIT CARDIORESPIRATORY SYSTEM (PAPER 1)</u></p> <p>Pathway of air Identification of the main structures air passes through when entering the body.</p> <p>Mechanics of Breathing Structures, locations, mechanics of each structure, breathing at rest and exercise.</p> <p>Spirometer Trace Identify the main volumes on a trace. Interpret the trace when at rest and exercise.</p> <p>Blood Vessels, Structure and functions of the three main blood vessels.</p> <p>Gaseous Exchange Names, structure and functions of the main components of gaseous exchange.</p> <p>Structure of the heart Knowledge of each of the main chambers including the main blood vessels attached to the heart.</p>	<p><u>ANATOMY AND PHYSIOLOGY UNIT CARDIORESPIRATORY SYSTEM (PAPER 1)</u></p> <p>Effects of exercise Immediate, short and long term effects of exercise.</p> <p>Recovery Understand recovery techniques used in sport.</p> <p>EPOC/oxygen debt Definition, understand the link to anaerobic exercise, understand how we repay the debt of oxygen.</p> <p>Levers Label, draw and identify the three types of lever and where they can be found in the body – 1st, 2nd and 3rd class. Interpret and analyse sporting movements using the levers. Understand and establish the mechanical advantage.</p> <p>Planes and Axes of movement. To be able to label, identify each plane and axis and how they are paired in movement. Link to specific sporting actions.</p>	<p><u>PAPER 2 REVISION</u></p> <p>Two weeks on each unit</p> <p>Health and Fitness Unit.</p> <p>Socio Cultural Factors Unit.</p> <p>Sports Psychology Unit.</p>	<p><u>PAPER 1 REVISION</u></p> <p>Three weeks</p> <p>Musculoskeletal system.</p> <p>Two weeks</p> <p>Cardiorespiratory system.</p> <p>One week</p> <p>Movement Analysis.</p>	<p><u>KEY TOPIC REVISION</u></p>	

Pathway of blood

Understand contraction – diastole and systole, Name of the structures blood passes through on its cycle around the body from the heart.

Cardiac Output and Stroke Volume

Define and understand both volumes and how they change from exercise to rest. Interpret heart rate graphs – rest and exercise including anticipatory rise.

REVISION

Papoeer 1 and paper 2 difficult concepts – identiofoed by teacher through QLA.

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