

AQA GCSE Physical Education – Year 11 Overview (for students leaving Year 11 summer 2022)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	<p style="text-align: center;"><u>MUSCULOSKELETAL SYSTEM</u></p> <p>RECAP Week 1 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 style="text-align: center;"><u>CARDIRESPIRATORY SYSTEM</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>Pathway of blood Understand contraction – diastole and systole, Name of the structures blood passes</p>	<p><u>EPOC/oxygen debt</u> Definition, understand the link to anaerobic exercise, understand how we repay the debt of oxygen.</p> <p><u>Effects of exercise</u> Immediate, short and long term effects of exercise.</p> <p><u>Levers</u> 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><u>Planes and Axes of movement</u> To be able to label, identify each plane and axis and how they are paired in movement. Link to specific sporting actions</p> <p style="text-align: center;"><u>PAPER 2 REVISION</u></p> <p><u>Health and Fitness</u> Well-being. Sedentary lifestyle. Obesity. Diet and hydration. Energy balance. Somatotypes.</p>	<p style="text-align: center;"><u>SOCIO CULTURAL FACTORS</u></p> <p>Social groups/Engagement Patterns. Barrier to participation. Commercialisation. Types of sponsorship, positive and negative impacts of sponsorship and the media. Technology. Conduct of performers. PED's. Spectator behaviour.</p> <p style="text-align: center;"><u>SPORTS PSYCHOLOGY</u></p> <p>Skill and Ability. Classification of skills. Guidance. Feedback. Information processing model. Goal setting. Motivation. Arousal. Mental preparation. Aggression. Personality.</p> <p style="text-align: center;"><u>PAPER 1 REVISION</u></p> <p>Musculoskeletal key areas revision.</p>	<p>Cardiorespiratory System Revision on key areas.</p> <p>Misconception topic areas coverage and final exam preparation.</p>	

	<p><u>Synovial Joints application.</u> Analyzing and applying movement typos and joint type to specific sporting movements.</p> <p><u>Structure of skeleton</u> 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 movement, flat bones for protection of vital organs, the different joint types allow different types of movement and provides a point of attachment for muscles.</p> <p><u>Muscle Contractions</u> Antagonistic pairs – locations, key terminology. Different types of muscle contraction.</p>	<p>through on its cycle around the body from the heart.</p> <p><u>Cardiac Output and Stroke Volume</u> Define and understand both volumes and how they change from exercise to rest. Interpret heart rate graphs – rest and exercise including anticipatory rise.</p>				
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