


Year 10 GCSE PE Summer Term 2021.

The following items are the topics to be covered in GCSE PE in the summer term. We have extended the movement analysis section into the summer term due to lockdown & remote learning. The full documents can be found on google classroom which can be accessed via RM unify. **The code is: kscwnl2**


1.1.c Movement analysis

Understanding basic biomechanics enables you to unpick how movement actually happens via the leverage of bones, and how to maximise efficiency or power for everyday tasks and sporting activities. Applying the different planes and axis of rotation is particularly helpful in describing movements in gymnastics, trampolining and dance. Biomechanics is also a major area of study in sports science and performance analysis in elite sport.

Chapter checklist >>

| | | Covered It! | Learnt It! | Smashed It! |
|---|---|---|------------|-------------|
| 1.1.c Movement analysis | | | | |
|  | Lever systems | <ul style="list-style-type: none"> Know the three classes of lever and their use in physical activity and sport: <ul style="list-style-type: none"> 1st class – e.g. neck 2nd class – e.g. ankle 3rd class – e.g. elbow Know the definition of mechanical advantage | | |
| | Planes of movement and axes of rotation | <ul style="list-style-type: none"> Know the location of the planes of movement in the body and their application to physical activity and sport: <ul style="list-style-type: none"> Frontal Transverse Sagittal Know the location of the axes of rotation in the body and their application to physical activity and sport: <ul style="list-style-type: none"> Frontal Transverse Longitudinal | | |
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Notes: Key terms from the glossary are identified in **bold**.

 identifies that practical examples are required.

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|---------------|---|---|--|--|
| Spring Term 2 | 1 | B | Levers | |
| | 2 | A | Planes and Axis | |
| | 3 | B | Planes, Axis and Levers | |
| | 4 | A | Test | |
| | 5 | B | Purple pen to improve in areas needing improvement (extension tasks) | |
| Summer Term 1 | 1 | A | - Aerobic And anaerobic <u>exercise</u> | |
| | 2 | B | - Short term and Long term effects of exercise | |
| | 3 | A | - Components of fitness and fitness testing | |
| | 4 | B | - Components of Fitness and Fitness testing | |
| | 5 | A | Test | |
| | 6 | B | Purple pen to improve in areas needing improvement (extension tasks) | |
| Summer Term 2 | 1 | A | Principles of Training and Types of training | |
| | 2 | B | Principles of Training and Types of training | |
| | 3 | A | Principles of Training and Optimising performance | |
| | 4 | B | Principles of Training and Optimising performance | |
| | 5 | A | Test | |
| | 6 | B | Purple pen to improve in areas needing improvement (extension tasks) | |
| | 7 | A | | |
| | 8 | B | | |


1.2

Physical training

1.2.a Components of fitness

Understanding different aspects (components) of fitness, how to measure each one and being able to identify sporting examples of each component in action help focus and measure the effects of training to have maximum benefit on performance. Coaches and personal trainers need a detailed understanding of this.

Chapter checklist >>

| | | Covered It! | Learnt It! | Smashed It! |
|---|-----------------------|--|------------|-------------|
| 1.2.a Components of fitness | | | | |
|  | Components of fitness | <ul style="list-style-type: none"> Know the following ten components of fitness: <ul style="list-style-type: none"> Cardiovascular endurance/stamina <ul style="list-style-type: none"> Know the definition of cardiovascular endurance/stamina Be able to apply practical examples where this component is particularly important in physical activity and sport Know suitable tests, including: <ul style="list-style-type: none"> Cooper 12-minute run/walk test Multi-stage fitness test Muscular endurance <ul style="list-style-type: none"> Know the definition of muscular endurance Be able to apply practical examples where this component is particularly important in physical activity and sport Know suitable tests, including: <ul style="list-style-type: none"> Press-up test Sit-up test Speed <ul style="list-style-type: none"> Know the definition of speed Be able to apply practical examples of where this component is particularly important in physical activity and sport Know suitable tests, including: <ul style="list-style-type: none"> 30m sprint test Strength <ul style="list-style-type: none"> Know the definition of strength Be able to apply practical examples where this component is particularly important in physical activity and sport Know suitable tests, including: <ul style="list-style-type: none"> Grip strength dynamometer test One repetition maximum (RM) | | |
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As with all of our teaching there may be slight variation on timings if a class needs greater input in one area as we will teach to an individual's needs.

Should you require further resources to support your young person you can find the exam course guidance here:

<https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

BBC Bitesize also do some really good information to support with learning here:

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

Should you have any PE related questions whilst your young person is not in college please contact either Mr Quick or Mrs Wright on the following emails and they will respond to you as soon as possible with support.

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