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.



Notes: Key terms from the glossary are identified in **bold**.

**\footnote{\dagger}\text{ identifies that practical examples are required.

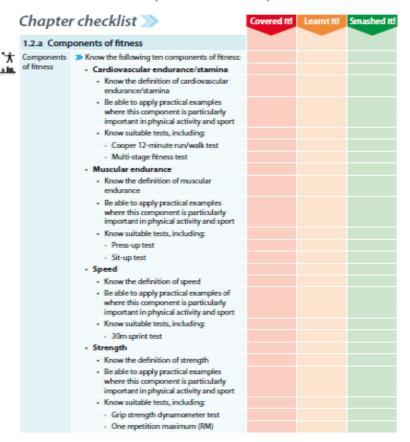
Spring - Term 2	1	В	Levers	
	2	А	Planes and Axis	
	3	В	Planes, Axis and Levers	
	4	А	Test	
	5	В	Purple pen to improve in areas needing improvement (extension tasks)	
	1	Α	- Aerobic And anaerobic excercise	
	2	В	- Short term and Long term effects of exercise	
Summer	3	А	- Components of fitness and fitness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



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.



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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