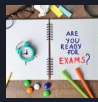


Exams



Paper 1 The human body and movement in physical activity- 78 Marks- 75 minutes

Paper 2-Scioo- cultural influences and well-being in physical activity and sport

Practical Moderation in 3 different sports- Skill assessment out of 10, game application out of 15

Year 11 AQA GCSE

Unit 6-Health, wellbeing and fitness

Physical, emotional and social health, fitness and well being

Effects of Obesity
Somatotype



Unit 6-Health, wellbeing and fitness

Energy use, Nutrition and a Balanced Diet

The key Nutrient groups

Importance of maintaining water balance



Unit 5c- Ethical Issues

Conduct of Performer

Prohibited Substances/ PEDs

Spectator Behaviour



Unit 5a- Commercialism of Physical activity and Sport

Commercialisation

The Media and Sponsorship

Technological Developments in Sport



Unit 5a- Social cultural influences

Social Groups and Factors Affecting Participation

Barriers to Participation



Unit 4c-Sport Psychology

Arousal

Aggression

Personality Types

Motivation



Unit 4b-Information, guidance, feedback

Information Processing

Guidance

Feedback



Unit 4a-Goals and Targets

Types of Goals

SMART targets

Motivation



Unit 4a- Skill and Ability

Difference between Skill and Ability

Skill Classification

Year 10 AQA GCSE Physical Education

Unit 3-Practical NEA + Coursework

Analysis – two strengths and two weaknesses worth 15 Marks

Evaluation – Designing and Justifying a training session that will eradicate a fitness weakness. Then applying an area of the course to the other weakness (e.g. arousal for tackling in Rugby) worth 10 Marks

Unit 2b-Physical Training



Warm up and cool down

Exercise intensity

Seasonal Aspects



Unit 2a-Fitness Testing

Reasons for and limitations of fitness testing

Fitness Tests

How to Carry Out Fitness Tests



Unit 2b-Physical Training

Types of Training

Specific Types of Training

The Principles of Training



Unit 1c- Cardio-Vascular System

Aerobic/Anaerobic Respiration

Recovery

Effects of Exercise



Unit 2a- Health and Fitness

Health and Fitness

The 10 Components of Fitness

Reasons for and limitations of fitness testing



Unit 1b-Respiratory System

Pathway and Gaseous Exchange

Breathing Mechanics

Spirometer Traces



Unit 1c-Circulatory System

Heart and Vessels Structure

Cardiac Cycle and Pathway

Cardiac Output

Unit 1A- Movement analysis

Planes/Axis of Movement

Detailed Sporting Examples for Planes and Axis

Lever and Mechanical Advantage



Unit 1b- Muscular System

Muscles

Antagonistics and Movements

Types of Contraction



Unit 1A-Skeletal

Skeletal Functions and Bones

Synovial Joints

Joint Movements



Year 9 GCSE

1C Topic Test-

Unit 1c- Cardio-Vascular System

Aerobic/Anaerobic Respiration
Recovery
Effects of Exercise



Cardio-Respiratory Topic Test-

Unit 1c-Circulatory System

Heart and Vessels
Structure
Cardiac Cycle and Pathway
Cardiac Output



Unit 1b-Respiratory System

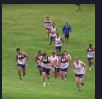
Pathway and Gaseous Exchange
Breathing Mechanics
Spirometer Traces



2B Topic Test-

Unit 2b-Physical Training

Warm up and cool down
Exercise intensity
Seasonal Aspects



Unit 2b-Physical Training

Types of Training
Specific Types of Training
The Principles of Training



End of Topic Test Health and Fitness & The Components of Fitness

Reasons for and limitations of fitness testing
Fitness Tests
How to Carry Out Fitness Tests



Unit 2a- Health and Fitness

Health and Fitness
The 10 Components of Fitness
Reasons for and limitations of fitness testing



End of Topic Test

Energy Use, Diet, Nutrition and Hydration.

The role of carbohydrates, fat, protein, vitamins and minerals.
Reasons for maintaining water balance (hydration) and further applications of the topic area.



Energy use.
Reasons for having a balanced diet and the role of nutrients.

Unit 6-Health, wellbeing and fitness

Obesity and how it may affect performance in physical activity and sport.
Somatotypes.



Unit 6-Health, wellbeing and fitness

The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.
The consequences of a sedentary lifestyle.

