

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 2b-Physical Training

Types of Training

Specific Types of Training

The Principles of Training



Unit 2a-Fitness Testing

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



Unit 1c- Cardiovascular System

Aerobic/Anaerobic Respiration

Recovery

Effects of Exercise



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



Unit 1b- Muscular System

Muscles

Antagonistics and Movements

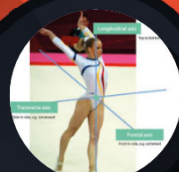
Types of Contraction

Unit 1A- Movement analysis

Planes/Axis of Movement

Detailed Sporting Examples for Planes and Axis

Lever and Mechanical Advantage



Unit 1A-Skeletal

Skeletal Functions and Bones

Synovial Joints

Joint Movements

• AQA GCSE PE Theory RoadMap...