# GCSE Physical Education - Learning Journey

Daubeney academy

## Year 10 – Year 11: Understanding and Applying Physical Education Skills

- Understanding body system
- Understanding impact of training
- Understanding training methods
- Understanding fitness
- Understanding safety
- Understanding media involvement
- Understanding behaviour in sport
- Understanding participation
- Understanding skill development
- Evaluating performance
- Understanding health

## HEALTH AND WELLBEING

- What is knowledge of results?
- What is knowledge of performance?
- What is health?
- What is physical health?
- What is emotional health?
- What is social health?
- How do we acquire feedback?
- Why is feedback important?
- How does exercise impact health?
- What is a sedentary lifestyle?
- How do we maintain a balanced diet?
- How does sport impact diet?

**Exam & Post – 16 Destination**

## SPORTS PSYCHOLOGY

- Why is mental preparation important?
- How do we learn skills?
- How do we classify skill?
- What is mental preparation?
- What is a motor skill?

## SOCIO-CULTURAL INFLUENCES

- What is catharsis?
- How does the media impact sport?
- Why do people deviate in sport?
- What is deviance?
- How do we improve provision?
- How do we improve access to sport?
- How do we promote sport?
- Who are the DCMS?
- What are stimulants?
- What are anabolic steroids?
- What are beta blockers?
- What is sponsorship?
- What is commercialisation?
- What is the Golden Triangle?
- What influences sport participation?
- What is a governing body?

**YEAR 11**

## PHYSICAL TRAINING

- What is cardiac hypertrophy?
- What is hypertrophy?
- What is the Vertical Jump Test?
- What is FITT?
- Why is flexibility important?
- How do we avoid reversibility?
- How do we avoid injury in sport?
- What is a hazard?
- What is a risk?
- What is aerobic exercise?
- What is oxygen debt?
- How do we assess fitness?
- What is the Coopers' Test run?
- What is the Illinois Agility Test?
- What is a training principle?
- Why is rest important?
- How do we get the most from training?
- What is personal protective equipment?
- What is anaerobic exercise?
- What is lactic acid?

## APPLIED ANATOMY AND PHYSIOLOGY

- How does respiration work?
- What is an axis of movement?
- What is respiration?
- How does the cardiovascular system work?
- What is blood cell production?
- How does my skeleton work?
- How does the skeleton protect me?
- How is my skeleton laid out?
- What types of movement are there?
- What is a plane of movement?
- What is a lever?
- What is an antagonistic muscle pair?
- How are the muscles organised?
- What is a tendon?
- What are articulating bones?
- What is a synovial joint?

**YEAR 10**

Build Character, Nurture Ambition, Deliver Success