

GCSE PE – Theory work for lessons missed during the heatwave.

This is for lessons on both Wednesday and Thursday.


Hi everyone, I hope you're all ok and coping well with this extreme weather. Obviously take some time out, but also please use this time productively and complete all tasks below.

There are two tasks I'd like you to focus on, one is continued revision for the PPE and then to ensure your coursework is absolutely finished, ready for submission:

1. Continue to revise for the PPE (now rearranged for next week). Topics include:

- Fitness testing
- Respiratory system
- Pathway of blood
- Musculoskeletal system
- Components of fitness
- Physiological benefits of exercise
- Planes and Axes
- Levers and mechanical advantage
- Anatomical Movements
- Antagonistic pairs
- Types of contractions
- EPOC
- Types of training

In addition to revising the topics above using revision cards and notes, I have added some questions below to focus your thinking. Start with a green question (AO1), move up to yellow (AO2) and the finally attempt red (AO3). Questions get progressively more challenging.

Analyse & Evaluate	Analyse how a ball and socket joint allows a gymnast to perform a wide range of movements.	Evaluate the need for redistribution of blood flow during exercise.	Analyse the movements at the hip knee and ankle, agonists, antagonists and plane and axes of movement during a squat.	Evaluate the reasons for and reasons against fitness testing.	Discuss / Evaluate the suitability of the sit and reach test for a Gymnast.
	Assess the importance of the long term effects of exercise on performance.	Analyse the reasons why team sports utilise both aerobic and anaerobic energy systems.	Evaluate the importance of a first class and second class lever system for a 100m sprinter.	Evaluate the effectiveness of a warm-up and a cool-down.	Evaluate how an athlete can reduce injury during training and competition.
Application	Explain how the skeletal system and muscular system work together to allow participation in sport.	Explain how Heart Rate Values and respiratory values change during exercise	Give an example of a movement that can be performed around each axis and through each plane.	What Training method is best suited to a long distance runner? Justify your choice.	Link each of the components of fitness to a sport that relies heavily on it. Justify your choices.
	Using a sport of your choice, Describe the functions of the skeletal system.	Give an example of aerobic and anaerobic exercise.	Using a sport, explain what a mechanical advantage is?	Select and evaluate an appropriate training method for a Hockey player.	Suggest a sport which relies heavily on each component of fitness.
Knowledge	Outline the characteristics of the alveoli that make it efficient for gaseous exchange.	Describe the mechanics of breathing.	Draw a first class, second class and third class lever.	Identify the immediate, short- and long-term effects of exercise.	Outline what is meant by a training threshold.
	Name and label the bones and muscles of the body.	Identify the different types of Joint.	Identify the movements that can be made at different types of joint.	Identify the F.I.T.T Principles of Training and outline the principles of training.	Identify the components of fitness.
 Applied Anatomy and Physiology			Movement Analysis	Physical Training	

- Part two of this work is focussed on completing, reviewing and improving the analysis section of your coursework. Using the guidance sheet we've used previously (and attached again) ensure the analysis section of your coursework is absolutely finished and to your very best ability.

Some general feedback points to consider:

- The key element is to discuss the **IMPACT** that each strength and weakness has on your game/performance. More **justification**, especially in the opening paragraph for each strength and weakness.
- There is a lack of links to **key terminology** that we have learnt in GCSE PE theory lessons – for example, muscles, joints, planes, axes, anatomical movements, when talking about your or the correct technique. I would advise adding a description of the perfect technical model (how to perform.../what it should look like...) for you to compare yourself to, e.g. where you are similar in your technique to or where you cannot complete a movement.
- Some of you need to add more **structure**, e.g.:
 - **Paragraph 1:** Introduction – include the demand of the activity, ensure this is fully applied to YOU, your position on the team (where applicable). Use terminology from the GCSE PE theory specification (as highlighted above).
 - **Paragraph 2** – Self-analysis – how does the strength / weakness help or hinder your own performance/game/team/outcome of a situation.
 - **Paragraphs 3 & 4** (at least!) – Two examples of a recent competitive performance, linked back to yourself, must include the impact on the game/outcome and effect.

Please contact me if you have any questions or concerns.

Thanks,

Mr Swanton