GCSE PE LEARNING JOURNEY- PAPER 1

WHAT YOU WILL DO

LC1	LC2	LC3	LC4
Physical Training		Anatomy & Physiology	Levers & Movements

WHAT YOU WILL LEARN

Physical Training

- Health & Fitness
- Components of fitness
- Skill Related Fitness
- Fitness Tests
- Principles of Training
- Methods of Training
- Heart Rates
- Training Thresholds
- Prevention of Injury
- Warm up & Cool down
- Performance Enhancing Drugs

Anatomy & Physiology

- Cardiovascular / Respiratory system
- Muscular / Skeletal System
- Aerobic / Anaerobic Exercise
- Effects of exercise

Levers & Movements

- Lever Systems
- 1st, 2nd and 3rd class levers
- Planes of movements
- Axis of Movement

SKILLS ACQUIRED

Physical Training

Critical Thinking, Analysis, Problem Solving, Communication, Collaboration, Creativity, Innovation, Decision Making

Anatomy & Physiology

Analysis, Interpretation, Adaptive Learning, Self Evaluation

Levers & Movements

Critical Thinking, Analysis, Team Work, Adaptability, Problem Solving

HOW YOU WILL BE ASSESSED

LC1	LC2	LC3	LC4
6 Mark Question LC1 Exam Peer Assessment	Injuries PP LC2 Exam RAG Rating Peer Assessment	LC3 Mock Exam 9 Mark Question RAG Rating Assessed H/w	Body Systems Exam 9 Mark Question RAG Rating Assessed H/w