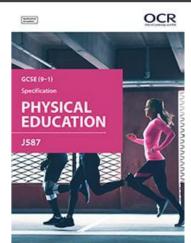


# De La Salle School

**GCSE Physical Education Learning Journey** 





**EXAM WINDOW** 

**YEAR** 11 Term 3

**REVISION** 

#### **Practical Team Sports** Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a TEAM Sports

**YEAR** 11 Term 2

**Coursework Resubmission** 

Unit R185: Performance and leadership in sports activities Unit R187: Increasing awareness of Outdoor & Adventurous

**Practical Individual** Demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions in a INDIVIDUAL Sports

Unit 1.1.e - Effects of exercise

#### Unit 1.2.c - Preventing injury in physical activity and training

- •Minimising risk of injury in sport
- •Identifying hazards in sport settings



#### 2.2 - Sports psychology

- Characteristics of skilful Movement
- Classification of skills
- Goal setting
- Mental preparation
- Types of guidance
- Types of feedback

#### Unit 1.1.d - The Cardiovascular and **Respiratory Systems**

- •Structure and function of the cardiovascular system
- Structure and function of the respiratory

**AEP Preparation** 

the performance

the performance.

in a practical activity

•Analyse aspects of personal performance

•Evaluate the strengths and weaknesses of

•Produce an action plan which aims to

improve the quality and effectiveness of

•Aerobic and anaerobic exercise

**YEAR** 11 Term 1



## Unit 1.2.b - The Principles of Training.

•The definitions of the principles of training and how these are applied to increase fitness.

The methods of training and sporting examples of when these would be used.



**Practical Summer** onstrate effective performance, the use

of tactics or ability to observe the rules and conventions n a SUMMER Sports



Unit 2.3 - Health, Fitness and well-being.

•Health, fitness and well-being

Diet and nutrition

## **YEAR** 10 Term 3

## Unit 1.2a - The components of fitness

•The definitions and sporting examples of the components of fitness

**Practical Individual** 

Sports Demonstrate effective

performance, the use

techniques and the

 $ability \,to\,observe\,the$ rules and conventions in a INDIVIDUAL Sports

of tactics or

•The fitness tests for the components of

## Unit 2.1.c - Ethical and Socio-Cultural

- •Drugs in sport

### **Issues in Physical Activity and Sport** •Ethics in sport

- Violence in sport



## Unit 1.1.a - The structure and function of

- the skeletal system Location of major bones
- •Functions of the skeleton
- Types of synovial joint
- •Types of movement at hinge joints and ball and socket joints
- •Other components of joints

#### Unit 1.1.b - The structure and function of the muscular system Location of major muscle groups

- •The roles of muscle in movement



**YEAR** 

Lever systems

Unit 1.1.c Movement and Analysis

•Planes of movement and axes of rotation

10 Term 2

### Unit 2.1.b - Commercialisation of Physical **Activity and Sport.**

- •The different types of media
- •The meaning of commercialisation including the golden triangle (sport, sponsorship & the media)
- •The positive and negative effects of sponsorship on commercialisation and sport



**Practical Team Sports** Demonstrate effective performance, the use of tactics or techniques and the ability to observe the

rules and conventions in a TEAM Sports

Unit 2.1.a- Engagement Pattern of different social groups in Physical Activity and Sport. •Physical activity and sport in the UK Participation in physical activity and sport



De La Salle School, Basildon