

GCSE Physical Education Theory– Half Termly Schedule

Year Group	Term	Topic and Content
10	Autumn 1	<ul style="list-style-type: none"> - The relationship between Health & Fitness - Defining health, fitness and exercise and the relationship between them - Components of fitness - Fitness testing - Principles of training. - Principles of training – FITT, Individual needs, Specificity, Progressive Overload, Rest & Recovery, Reversibility, thresholds of training & Karvonen Formula. - Methods of training, Continuous, Fartlek, Interval, Weight, Cross, Circuit, Plyometric
	Autumn 2	<ul style="list-style-type: none"> - How to optimise training and prevent injury - PARQ - Injury prevention - Sporting and overuse injuries - RICE - Performance enhancing drugs - Recreational drugs - Effective use of warm up and cool down - Purpose of warm up & cool down - Phases of a warm up - Activities included in a warm up & cool down. - Mental Preparation for performance. - Importance of mentally preparing for performances
	Spring 1	<ul style="list-style-type: none"> - Physical, Emotional and Social Health. - Physical health - Emotional Health - Social Health - Impacts of fitness on wellbeing - Lifestyle choices - Positive and negative effects of lifestyle choices. - The consequences of a sedentary lifestyle. - Sedentary lifestyle - Weight related conditions, Obese, Overfat, Overweight
	Spring 2	<ul style="list-style-type: none"> - Energy Use, Diet, Nutrition & Hydration.

		<ul style="list-style-type: none"> - Nutritional requirements - Macro nutrients and their roles - Micro nutrients and their roles - Factors affecting optimum weight - Energy balancing - Importance of hydration
	Summer 1	<ul style="list-style-type: none"> - The use of Goal setting and Smart targets to improve and/or optimise performance. - Use of goal setting - Principles of SMART targets - Setting and reviewing targets - Use of data - Data analysis - Data collection - Qualitative and quantitative - Presenting data
	Summer 2	<ul style="list-style-type: none"> - Engagement patterns of different social groups in physical activity and sport. - Participation rates in physical activity - Gender, Age, Socio-economic group, Ethnicity, Disability - Data analysis. - Commercialisation of Physical Activity and Sport. - The relationship between Commercialisation and the media - Advantages and disadvantages of commercialisation - Roles in sport - Ethical and sociocultural issues in physical activity and sport. - Sportsmanship - Gamesmanship - Deviance
11	Autumn 1	<ul style="list-style-type: none"> - Personal Exercise Program - Coursework 10% (20 marks) - Design a training programme to improve/optimize performance of chosen activity - Use of SMART targets, use of methods of training, use of principles of training, evaluation of programme. - Anaerobic and aerobic exercise - Use of glucose and oxygen to release energy - Energy sources

	Autumn 2	<ul style="list-style-type: none"> - Structure and functions of the cardio respiratory system - Functions of the cardiovascular system - Structure of the cardiovascular system - Structure of arteries, capillaries and veins and the roles played within the body - Vasoconstriction, vasodilatation and vascular shunting - Importance of red and white blood cells - Vital capacity and tidal volume - Location of main components of respiratory system- lungs, bronchi, bronchioles, alveoli, diaphragm. - Structure of alveoli - How the cardio respiratory system works together. - Planes and Axis of movement. - Movement patterns using body planes - Sagittal, frontal and transverse planes - Frontal, sagittal, vertical axis - Movement about planes and axis in summersault, cartwheel and full twist jump.
	Spring 1	<ul style="list-style-type: none"> - Structure and functions of the musculoskeletal system - Functions of the skeleton - Classification of bones - Structure of bones - Classification of joints - Roles of ligaments and tendons - Muscle types - Locations of muscles within the body and their roles - Antagonistic pairs of muscles - Muscle fibres - How the musculoskeletal system works together. - Short and long term effects of exercise. - Muscle fatigue, lactate accumulation - Effect on cardiac output, stroke volume, heart rate - How the cardiorespiratory work to recover from physical activity. - Long term effects of aerobic and anaerobic training - Benefits to musculoskeletal and cardio respiratory systems
	Spring 2	<ul style="list-style-type: none"> - Lever systems - First, second and third class levers

		<ul style="list-style-type: none">- Mechanical advantages and disadvantages- Classification of skills- Open-closed, basic (simple)- complex, low organisation & high organisation- Practice structures fixed variable, massed, distributed- Practices to develop range of skills- Guidance and feedback on performance.- Types of guidance- visual, verbal, manual & mechanical- Advantages and disadvantages of each guidance type- Types of feedback- intrinsic, extrinsic, concurrent & terminal
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