



Chauncy School – GCSE PE



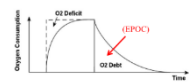
A Level PE



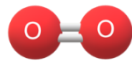
BTEC National extended certificate or diploma in Sport



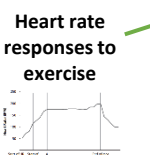
Other post 16 options – Apprenticeships, other A level subjects, other BTEC subjects, other training, College?



Differences between aerobic & anaerobic exercise



Term 2 = Aerobic & anaerobic exercise



Heart rate responses to exercise

Redistribution of blood

Blood vessels

Cardiac cycle



Structure & function of the heart

Interpretation of a spirometer trace



Gaseous exchange



Mechanisms of breathing



Structure of the lungs



Term 1 = Cardio-respiratory system

Year 11



Joint actions

Types of joints



Joint structure



Functions of the skeleton

Types of bones



Structure of the skeleton



Term 3 = Muscular system



Muscle locations

Antagonistic pairs



Types of muscle contraction



Levers



Planes & axis



End of year 10 exam

Hooliganism in sport



Term 3 = Ethical Issues

Sportsmanship vs gamesmanship

Performance enhancing drugs

Advantages & disadvantages of PEDs



Technology in sport

Positive & negative impacts of technology on sport

Effects of performer, sport, officials, spectators & sponsors

Sport & the media

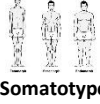
Sponsorship

The golden triangle

Term 2 = Commercialisation



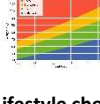
Balanced diet



Somatotypes



Obesity



Lifestyle choices

Social, physical & mental wellbeing

Term 1 = Health & Fitness

Term 1 = Physical training continued



Warming up & cooling down

Safety principles when training



Year 10

Term 3 = Physical training



Training methods

Advantages & disadvantages of each training type

Introduction to evaluate & justify exam questions (exam skill)

Term 3 = NEA introduction

Skill strength

Component of fitness weakness

Term 2 = Sports psychology continued



Information processing model

SMART targets

Classifications of skills

Term 1 = Sports psychology

Paper 2

Year 9



welcome

Term 2 = NEA introduction



Component of fitness strength

Component of fitness weakness

6/9 mark question planning – the differences between A01, A02 & A03

Interpreting normative data

Fitness testing procedures

Introduction to explain & discuss style questions (exam skills)

Matching COF to a variety of sports

The difference between health & fitness

Fitness testing – reasons for and limitations to

30 meter Sprint Rating

Male

Female

Excellent

Above Average

Average

Below Average

Poor

<4.0

<4.5

4.2 - 4.0

4.6 - 4.5

4.4 - 4.3

4.8 - 4.7

4.6 - 4.5

5.0 - 4.9

>4.6

>5.0