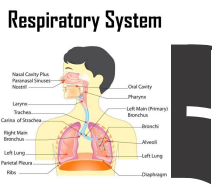
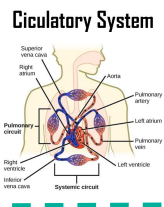
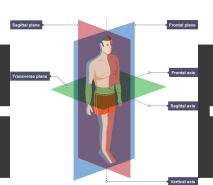


GCSE PE - Learning Journey

Year 10



BENEFITS OF EXERCISE



1.1e Effects of exercise

1.1a Skeletal System

1.1b Muscular System

1.1c Movement Analysis

1.1d Cardiovascular and Respiratory system

HEALTH-RELATED COMPONENTS OF FITNESS



1.2a Components of Fitness

2.1a Participation in Sport

OCR
Oxford Cambridge and RSA

Year 11

2 Hours of PE weekly
1 x Theory Lesson
1 x Practical Lesson

60% Theory
30% Practical
10% Coursework



Injury Prevention

Year 10 Mocks

SPOR

1.2c Preventing Injury

1.2b Principles of Training

PAPER 1 - Orange
PAPER 2 - Blue

2.1b Commercialisation in Sport



2.1c Ethics in Sport

Year 11 Mocks (Nov)



2.2 Sport Psychology



2.3 Health, Fitness, Diet

Year 11 Mocks (March)



REVISION

Cambridge National PE - Learning Journey

Year
10

PRINCIPLES OF TRAINING

There are four key principles you need to follow to plan an effective training programme.

1. SPECIFICITY

To be effective training must be SPECIFIC - designed to meet the demands of a particular sport.

2. OVERLOAD

To improve performance, you need to OVERLOAD the body with increased work rates and loads.

3. PROGRESSION

Overload needs to be PROGRESSIVE - plan slowly and increase demand gradually.

4. REVERSIBILITY

If you reduce the amount you train, you will lose fitness. This is REVERSIBILITY; progress is reversed.

When planning the detail of a training programme, vary the FIT factors.

F

FREQUENCY

How often to train per week.

I

INTENSITY

How hard to train.

T

TIME

How long to train for.

T

TYPE

Which methods of training to use.

Year 10
Mocks

Sports Nutrition

Coursework 1
Principles of
Training

CN PE
2 x
Coursework
1 x Exam

Sports Nutrition

Year
11

Coursework 2
Nutrition in
Sport (Cont)

Coursework 2
Nutrition in
Sport

Exam
Preventing
Injury

Injury
Prevention

Year 11
Mocks
(Nov)

Injury
Prevention

Year 11
Mocks
(March)

