

GCSE PE
Health, training and exercise

- Relationship between health, fitness and exercise.
- Physical, mental and social benefits of exercise.
- Components of fitness and how they can be measured.
- How fitness can be improved through different methods of training: continuous, interval, fartlek, weight, plyometric and flexibility.
- The principles of training used to improve fitness and performance: specificity, progression, overload, reversibility and tedium.
- How to alter frequency, intensity and time to overload the body.
- Importance of preparing for and recovering from exercise.
- Importance of a balanced diet and nutritional requirements of people in different sports.
- Importance of preparing for and recovering from exercise.

Exercise physiology

- Structure and function of the skeletal and muscular system.
- Structure and function of the cardio-vascular and respiratory systems.
- Use of different energy systems for different activities.
- Short and long-term effects of exercise on the body systems.

Movement analysis and technology in sport

- How muscles contract.
- The 3 types of levers in the body and the mechanical advantage of each.
- The 3 planes and axes of movement.
- Use of technology in sport.

Psychology of sport

- Information processing and feedback
- Different types of guidance.
- The stages of learning.
- Role of goal setting in improving performance.
- How mental preparation can help improve performance.
- The classification of skills.

Socio-Cultural factors in sport

- Commercial factors of modern day sport
- Factors that affect participation in sport.
- Ethical aspects that affect participation and performance.
- National and local provision of sport.

Practical component

- Students submit **three** different activities in the role of performer and in at least **one** individual and **one** team sport.
- Students also complete a personal training programme for one of their activities.
- Lessons will provide opportunities to develop skills in basketball, badminton, fitness, swimming and other sports where appropriate.

Advice to students for independent study

- Commit to extra-curricular sessions to further practical development in their three main activities.
- In addition, students who are offering activities outside of the school practical sessions will be expected to gather video evidence for submission.
- Devise a structured revision plan.
- Complete all set revision tasks and submit for marking.
- Attend subject specific revision sessions to address areas of concern.
- Use past papers and mark schemes to develop exam technique (Eduqas website).
- Use the BBC bitesize revision website to address areas of weakness (Eduqas pathway).