



PERSONAL LEARNER CHECKLIST KS4

GCSE PE





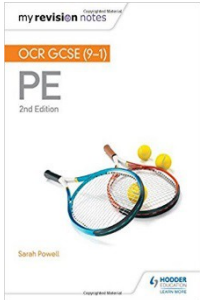

PE

Subject: GCSE PE

Year Group: 11

Subject Leader: Mr Marlow

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<p>What Specification (syllabus) is being taught?</p>	<p>OCR – Physical Education http://www.ocr.org.uk/</p> <p>Link to specification: http://www.ocr.org.uk/qualifications/gcse-physical-education-j586-j086-from-2012/</p>
<p>What are the key topics and themes? When will they be taught?</p>	<p>Three practical activities and one written controlled assessments over the course – coursework/ Controlled assessment units – 40% Two written examinations in May 2018 J587/01 and J587/02 (60%)</p>
<p>How will my son or daughter be assessed? When do these assessments take place?</p>	<p>Staff have marked practical activities and controlled assessment by March 2018 (except summer sports these are submitted early May)</p> <ul style="list-style-type: none"> • J587/01 – Physical factors affecting performance .1 hour written examination. • J587/02– Social Cultural Issues and Sports Psychology. 1 hour written examination. All content will be completed by Easter 2016 and lessons will be focused on revision of the key areas.
<p>What can my son or daughter do for revision at home? What materials are provided or available online?</p>  	<p>Past papers can be found at: http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/ Mark schemes are also found on this link and can help to see what examiners expect in answers or to mark a paper students have completed.</p> <p>Many revision sites try to cover several examination board students need to be aware of this when revising and if in doubt check with the teacher/ specification that they have.</p> <p>http://revisionworld.com/gcse-revision/pe-physical-education/ocr-gcse-physical-education-pe</p> <p>http://mypeexam.org/</p> <p>http://www.bbc.co.uk/education/subjects/znyb4wx</p> <p>http://www.teachpe.com/flash_cards_gcse.php</p>

PAPER 1: Applied anatomy and physiology Physical training

Topic 1: 1.1a - The structure and function of the skeletal system 1.1b - The structure and function of the muscular system

I can ...			
Locate the major bones in the body			
Know the names and location of the major bones in the human body:			
Understand and be able to apply examples of how the skeleton provides or allows support .posture, protection and movement.			
Describe how the skeleton allows blood cell production and storage of minerals			
Describe and explain the definition of a synovial joint			
Describe the function of the knee and elbow hinge joints:			
Describe the function of the shoulder and hip ball and socket joint			
Describe the types of movement at hinge joints and be able to apply them to examples from physical activity/sport including flexion and extension			
Describe the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport including flexion, extension, rotation, abduction, adduction and circumduction.			
Know the roles of ligament, cartilage and tendons			
Know the name and location of the major muscle groups in the human body and be able to apply their use to examples from physical activity/sport.			
Know the definitions and roles of the following and be able to apply them to examples from physical activity/sport: agonist <ul style="list-style-type: none"> • antagonist • fixator – antagonistic muscle action.			

PAPER 1: Applied anatomy and physiology Physical training

Topic 1.1c – Prevention Injury in Physical Activity and Training

I can ...			
Understand how the risk of injury in physical activity and sport can be minimised and be able to apply, including:			
Know the definitions of: • The Mechanical Advantage.			
Understand Planes of movement and axes of rotation.			
Know the location of the planes of movement in the body and their application to physical activity and sport: • Frontal • Transverse • Sagittal •			
Know the location of the axes of rotation in the body and their application to physical activity and sport: • Frontal • Transverse • Longitudinal			

PAPER 1: Applied anatomy and physiology Physical training

Topic 1.1d - The cardiovascular and respiratory systems

I can ...			
Know the double-circulatory system (systemic and pulmonary)			
Know the different types of blood vessel: • arteries, capillaries and veins			
Understand the pathway of blood through the heart: • atria • ventricles • bicuspid, tricuspid and semilunar valves • septum and major blood vessels: aorta, pulmonary artery, vena cava and pulmonary vein.			
Know the definitions of: • heart rate, stroke volume and cardiac output			
Know the role of red blood cells.			
Understand the pathway of air through the respiratory system: • mouth, nose, trachea, bronchi, bronchiole and alveoli			
Know the role of respiratory muscles in breathing: diaphragm and intercostal			
Know the definitions of: • breathing rate • tidal volume • minute ventilation			
Understand about alveoli as the site of gas exchange.			
Know the definitions of: • aerobic exercise • anaerobic exercise			
Be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.			

PAPER 1: Effects of Exercise and Components of Fitness

Topic 1: 1.1e – Effects of exercise on body system

1.2a – Components of fitness

I can ...			
Understand short-term effects of exercise on the cardiovascular, muscular and respiratory systems.			
Be able to apply the effects to examples from physical activity and sport.			
Be able to collect and use data relating to short term effects of exercise.			
Understand long-term effects of exercise on the cardiovascular, muscular and respiratory systems.			
Be able to apply the effects to examples from physical activity and sport.			
Be able to collect and use data relating to long term effects of exercise.			
Know the component of fitness of cardiovascular endurance /stamina and an appropriate test. Be able to apply practical examples.			
Know the component of fitness of muscular endurance and an appropriate test. Be able to apply practical examples.			
Know the component of fitness of speed and an appropriate test. Be able to apply practical examples.			
Know the component of fitness of strength and an appropriate test. Be able to apply practical examples.			
Know the components of flexibility and an appropriate test. Be able to apply practical examples.			
Know the components of agility and co-ordination, and give appropriate tests. Be able to apply practical examples.			
Know the components of reaction time and power, and give appropriate tests. Be able to apply practical examples.			

PAPER 1: Effects of Exercise and Components of Fitness

1.2. b. – Applying the principles of training

I can ...			
Principles of Training: Know the following definitions of principles of training and be able to apply them to personal exercise /training programmes: <ul style="list-style-type: none"> • Specificity • Overload • Progression • Reversibility 			
Optimising Training: Know the definition of the elements of the F.I.T.T(Frequency, Intensity, Time, Type)			
Know different types of training, definitions and examples of: <ul style="list-style-type: none"> • Continuous • Fartlek • Interval • Circuit Training • Weight Training • Plyometrics • HIIT (High Intensity Interval Training) 			
Understand the key components of a warm up and be able to apply examples: <ul style="list-style-type: none"> • Pulse raising • Mobility • Stretching • Dynamic movements • Skill Rehearsal 			
Know the physical benefits of a warm up, including the effects on: <ul style="list-style-type: none"> • Warming up muscles • Physical activity • Body Temperature • Heart Rate • Flexibility of muscles and joints • Pliability of ligaments and tendons • Blood Flow and oxygen to muscles • The speed of muscle contraction 			
Understand the key components of a cool down and be able to apply examples: <ul style="list-style-type: none"> • Low intensity exercise • Stretching Know the physical benefits of a cool down, including: <ul style="list-style-type: none"> • Helps body transition back to resting state • Gradually lowers heart rate • Gradually lowers temperature • Circulates blood and oxygen • Gradually reduces breathing rate • Increases removal of waste products such as lactic acid • Reduces the risks of muscles soreness and stiffness • Aids recovery by stretching muscles 			

PAPER 1: Effects of Exercise and Components of Fitness

Topic 1: 1.3. c. Preventing Injury in Physical Activity and Training

I can ...			
Understand how the risk of injury in physical activity and sport can be minimised and be able to apply examples			
Know how personal protective equipment, correct clothing, appropriate level of competition, lifting and carrying equipment safely and the warm up/ cool down can reduce the chance of injury.			
Know potential hazards in a range of physical activity and sport setting.			
Be able to apply potential hazard examples in the following settings: Sports hall, fitness centre, playing field, artificial outdoor areas and swimming pool.			

PAPER 2: Socio-cultural Issues and Sports Psychology

Topic 1: 2.1. c. Preventing Injury in Physical Activity and Training

Topic 2: 2.1 b. Commercialisation of physical activity and sport

I can ...			
Know current trends in participation in physical activity and sport such as sport England NGBs and the Department of Culture, Media and Sport (DCMS)			
Understand how different factors can affect participation including: age, gender, ethnicity, religion, culture, family, education and time/work commitments.			
Understand how other factors can affect participation such as: Cost/disposable income, opportunity, disability, opportunity/access, discrimination, environment/climate, media coverage and role models.			
Understand strategies which can be used to improve participation: promotion, provision and access			
Be able to apply examples from physical activity / sport to participation issues.			
Understand the influence of the media on the commercialisation of physical activity and sport			
Be able to give examples of how social media, internet, TV and newspapers/magazines can influence sport.			
Know the meaning of commercialisation, including sport, sponsorship and the media (The golden triangle)			
Know positive and negative effects of the media on commercialisation and be able to give practical examples.			
Understand the influence of sponsorship on the commercialisation of physical activity and sport.			
Know positive and negative effects of sponsorship on commercialisation			
Be able to apply practical examples to the issue of sponsorship.			

PAPER 2: Socio-cultural Issues and Sports Psychology

Topic 1: 2.1c. Ethical and socio-cultural issues in physical activity and sport

Topic 2: 2.2 Sports psychology

I can ...			
Know and understand the value of sportsmanship and the reasons for gamesmanship and deviance in sport. Be able to apply practical examples.			
Know and understand the reasons why sports performers use drugs.			
Know different types of drugs and their effect on performance such as: anabolic steroids, beta blockers and stimulants. Give practical examples.			
Know and understand the impact of drug use in sport on performers and the sport itself.			
Know and understand the reasons for player violence in sport.			
Give practical examples of violence in sport.			
Know the definition of motor skills and know the characteristics of skilful movement including efficiency, pre-determined, co-ordinated, fluent and aesthetic.			
Know continua used in the classification of skills including simple to complex skills (difficulty continuum) and open to closed skills (environmental continuum)			
Be able to apply practical examples of skills for each continuum along with justification of their placement on continua.			
Understand and be able to apply examples of the use of goal setting for exercise adherence, to motivate performers and to improve/optimize performance.			
Understand the SMART principle of goal setting with practical examples (Specific, measurable, achievable, recorded, timed). Be able to apply the SMART principle to improve/ optimize performance.			
Know mental preparation techniques and be able to apply practical examples to their use. Imagery, mental rehearsal, selective attention and positive thinking.			
Understand types of guidance and their advantages and disadvantages. Visual, verbal, manual, mechanical.			
Understand types of feedback and be able to apply practical examples to their use. Intrinsic, extrinsic, knowledge of performance, knowledge of results, positive and negative.			

PAPER 2: Socio-cultural Issues and Sports Psychology

Topic 1: 2.3. Health, fitness and well-being.

I can ...			
Know what is meant by health, fitness and well-being			
Understand the different health benefits of physical activity and consequences of a sedentary lifestyle:			
Know the physical benefits: Injury, coronary heart disease (CHD), blood pressure, bone density, obesity, Type 2 diabetes, posture and fitness.			
Know the emotional benefits and consequences: Self Esteem, stress management and image.			
Know the social benefits and consequences: friendship, belonging to a group and loneliness.			
Be able to apply to different age groups and be able to respond to data about health, fitness and well-being.			
Know the definition of a balanced diet.			
Know the components of a balanced diet: Carbohydrates; proteins; fats; minerals; vitamins; fibre and water.			
Understand the effect of diet and hydration on energy use in physical activity.			
Be able to apply practical examples from physical activity and sport to diet and hydration.			