

GCSE PE Online Learning Topics Jan – March 2022

Year 9 GCSE:

- The principles of training – S.P.O.R.T. Be able to explain Specificity, Progression, Overload, Reversibility & Tedium
- Types of training used to improve fitness. Be able to explain how to carry out the training method and the effect it has on the body: Circuit, Continuous, Interval & High Intensity Interval, Static Stretching, Weight, Plyometrics, high Altitude.
- Training thresholds.

Refer to BBC Bitesize (AQA) for notes on each topic area and ensure you understand the key term and the issues associated with each.

Year 10 GCSE:

- Structure of the respiratory systems – gaseous exchange, mechanics of breathing, spirometer trace.
- Aerobic and anaerobic exercise including what Excess Post-exercise Oxygen Consumption is.

Refer to BBC Bitesize (AQA) for notes on each topic area and ensure you understand the key term and the issues associated with each.

Year 11 GCSE:

Factors affecting the participation of the following social groups:

- **Women in sport** – how does discrimination, traditional roles, media coverage & increasing numbers of role models affect participation by women in physical activity.
- **Ethnicity** (race, culture & religion)
- **Age** – how does increasing age affect participation & what is now being done in sport to address these issues
- The effect of **family and peers** both in a positive and a negative way
- The barriers that exist to participation in physical activity to those with a form of **disability** and what is being done today to change this

Refer to BBC Bitesize (AQA) for notes on each topic area and ensure you understand the key term and the issues associated with participation amongst each group.

The positive and negative effects of the **media & sponsorship** on performers, officials, the spectators and the sport itself

Refer to BBC Bitesize (AQA) for notes on each topic area and ensure you understand the key term and the issues associated with each.

****** Students should also continue with their written coursework ensuring all sections have been improved in line with guidance given by teachers and that both analysis and evaluation sections are fully completed as per the writing frames. ******