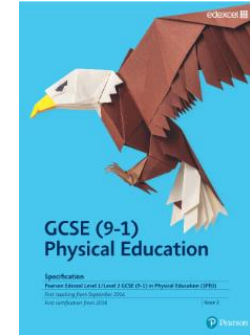




# What we do in GCSE (9-1) PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p><b>Applied anatomy and physiology</b> Introduction to the skeletal system. Introduction to the muscular system</p>	<p><b>Applied anatomy and physiology</b> Locations and roles of key muscles. Types of Muscles. Antagonistic muscle pairs.</p>	<p><b>Applied anatomy and physiology</b> Structure and function of the Cardiovascular system.</p>	<p><b>Applied anatomy and physiology</b> Components of blood. The respiratory system. Structure and function of Alveoli</p>	<p><b>Health, fitness and well-being</b> Physical, emotional and social health Lifestyle choices Impact and their impact</p>	<p><b>Health, fitness and well-being</b> The role of nutrients. Dietary manipulation for sport hydration Optimum weight Year summary</p>
Year 11	<p><b>Applied anatomy and physiology</b> Aerobic and anaerobic exercise Short-term effects of exercise</p>	<p><b>Applied anatomy and physiology</b> The long term effects of exercise on the musculoskeletal and respiratory systems.</p>	<p><b>Movement analysis</b> Mechanical advantage in sport and physical activity Movement possibilities at joints. Utilisation of movement in physical activity</p>	<p><b>Movement analysis</b> Joint classification and impact on movement axes. Planes, axes and movement patterns</p>	<p><b>Analysis</b> Looking at data. <b>Exam Preparation</b> Revision and exam technique – 1. knowledge/content 2. applying knowledge. 3. writing extended responses</p>	