

# GCSE

## PE

Bones and the functions of the skeleton.
Structure of the skeletal system/functions of the skeleton.
Structure of a synovial joint.
Types of freely moveable joints that allow different movements.
How joints differ in design to allow certain types of movement.
Recap on bones and functions.
<b>SKELETAL TEST</b>
Evaluation of test
Muscles of the body.
How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.
Lever systems.
Lever systems and mechanical advantage.
Planes and axes.
Analysis of basic movements in sporting examples – including revision of joints/muscles/bones.
Evaluation of test
Health and fitness recap, including the relationship between health and fitness.
The components of fitness.
Linking sports and activities to the required components of fitness.
Measuring the components of fitness and demonstrating how data is collected.
Evaluation of test
Reasons for and limitations of fitness testing.
The principles of training and overload.
Measuring the components of fitness and demonstrating how data is collected.
Types of training.
Types of training (continued) with reference to the advantages and disadvantages of using these types for different sports.
Calculating intensity.

Considerations to prevent injury.

skills	Recall and capacity to answer questions fulfilling AO1 AO2 AO3	Recall and capacity to answer questions fulfilling AO1 AO2 AO3	Recall and capacity to answer questions fulfilling AO1 AO2 AO3
Assessment pattern	End of unit tests/ NEA tasks along side progress points	End of unit tests/ NEA tasks along side progress points	End of unit tests/ NEA tasks along side progress points