

GCSE PHYSICAL EDUCATION YEAR 11

topic	NEA	Anatomy and physiology	Anaerobic and aerobic exercise.	Health, Fitness and well-being
KNOWLEDGE	<p><b>written:</b> The selection of appropriate theory from year 9 and 10 to create a structured and detailed analysis and evaluation of fitness and skill strengths and weaknesses</p> <p><b>practical:</b> to develop the skills and tactics of a variety of sports and then streamline into 3 sports for final assessment</p>	<p><b>The structure and functions of the cardiorespiratory system.</b></p> <ul style="list-style-type: none"> <li>-The pathway of air</li> <li>-Gaseous exchange</li> <li>-Blood vessels</li> <li>-Structure of the heart</li> <li>-Cardiac cycle, cardiac output and stroke volume :definitions</li> <li>-Mechanics of breathing</li> <li>-Interpretation of a spirometer trace</li> </ul>	<p><b>Anaerobic and aerobic exercise.</b></p> <ul style="list-style-type: none"> <li>-Aerobic and anaerobic terms and use in exercise</li> <li>-Oxygen consumption and EPOC</li> <li>-The recovery process.</li> </ul> <p><b>Short and long term effects of exercise.</b></p> <ul style="list-style-type: none"> <li>-Immediate effects of exercise</li> <li>-Short-term effects of exercise</li> <li>-Long-term effects of exercise</li> </ul>	<p><b>Physical, emotional, social health, fitness and well-being.</b> Linking physical activity and exercise to health, well-being and fitness</p> <p><b>Consequences of a sedentary lifestyle.</b></p> <ul style="list-style-type: none"> <li>-Sedentary lifestyles introduced</li> <li>-Obesity and its effect on performance</li> <li>-Somatotypes and the relation to types of sport</li> </ul> <p><b>Energy, Diet and Nutrition.</b></p> <p>Energy use</p> <ul style="list-style-type: none"> <li>-Nutrition and balanced diet</li> <li>-Nutrition and the role of carbohydrates, proteins, fats and vitamins/minerals</li> <li>-Maintaining water balance (hydration)</li> </ul>
SKILLS	<p>Individual fitness and skill strength and weakness identification and analysis. Application of theory to analyse movement and create corrective measures for weaknesses ( fitness and skill)</p>	<p>Identification of different anatomical structures and the application of their structure and function to sporting performance.</p> <p>analysis of scientific data to inform understanding of performance.</p>	<p>Application of knowledge to sporting performance</p> <p>Description of levels of intensity in terms of aerobic or anaerobic.</p> <p>Data analysis.</p> <p>Description of the positive and negative effects of exercise and be able to relate to methods of training and future effects on health and fitness</p>	<p>Application of knowledge in the formulation of diet plans and “fuelling” exercise.</p> <p>Advise peers in the maintenance of a healthy active lifestyle.</p>
Assessment	<p>marked tasks in line with exam board criteria</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS. Mock exam</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS. Mock exam</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS. Mock exam</p>