



# Performance Faculty: GCSE PE Learning Journey



Apply for an apprentice in a related field to extend your learning into the work place

Consider a post-16 course in the related subject

Revision & Exam Prep.

Planning a PEP



Knowledge of performance or results

Types of guidance

Positives & Benefits of Guidance

What is commercialisation?

Positive & negative effects

Feedback & Guidance

Commercialisation in Sport

Types of practice

Low/High skills

Classification of Skills

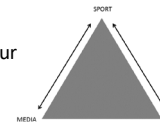
Intrinsic/Extrinsic

Concurrent / Terminal

Information Processing Model



Sporting behaviour



Golden triangle

Role of sports, sponsors, media, spectators & performers

Basic/Complex skills

Sedentary Lifestyle

Benefits & side effects

Positive & negative lifestyle choices

Relating drugs to specific sports

Positive and negative effects

Types of injuries

RICE method

Healthy Active Lifestyles

Drugs in Sport

Injury Prevention

YEAR 11

Open/Closed skills

CLOSED (PREDICTABLE) ↔ OPEN (UNPREDICTABLE)

Physical, Emotional & Social Health



Macro/Micronutrients

Effects of smoking, alcohol, work & sleep

Participation rates



Types of PED's

Importance of a PARQ

Safety in sport = B.R.E.A.K.S

Positives & negatives of each method



Training Methods

What does it improve?

How to perform each method

Training methods

Principles of Training

Components of Fitness

Movement Analysis



Definitions

Warm ups / Cool downs

Fitness tests

How to perform each method

Short & Long term effects of exercise

Aerobic / Anaerobic respiration

Label the respiratory system

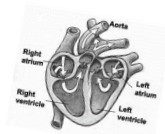


Oxygen debt

Inhaling / Gaseous exchange / Exhaling

4 components that make up blood

Heart rate / Stroke volume / Cardiac output



Know and label the heart

Isometric/isotonic contractions



Antagonistic muscle pairs

Types of muscles

Types of joints

Names and locations of bones



Functions

YEAR 10



Start of GCSE Learning Journey in PE