Revision Checklist: GCSE PE

Students have two papers to sit for GCSE PE. Each paper has three content areas which are listed below to be RAG rated.

All Students have been issued with AQA revision booklets to support the revision process, as well as revision cards & a wide range of resources and past papers available on the google classroom.

Paper 1

- Anatomy & Physiology
- Movement Analysis
- Physical Training

Paper 2

- Sports Psychology
- Health, Fitness & Wellbeing
- Socio-Cultural Influences

Revision Checklist: Paper 1

Anatomy & Physiology **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?**		
			
I can identify the names of the bones in different parts of the body.			
I can identify and describe the 6 functions of the skeletal system.			
I can describe the four types of bone found in the human body.			
I can label and explain the features of a synovial joint			
I can identify the different types of joint found in different parts of the body			
I understand different types of movement which are linked to the appropriate joint type to allow movement			
I can identify different muscles found in the body.			
I can name the muscles which work together to produce movement at different joints found in the body.			
I know how muscles work in antagonistic pairs.			
I can describe the difference between isotonic and isometric contractions.			
I can identify and label the key parts of the respiratory system.			
I can describe the pathway of air from the atmosphere to our blood.			

I can explain the process of gaseous exchange and how the alveoli assist this process.			
I can explain the mechanics of breathing during inspiration and expiration.			
I can identify the different volumes found on a spirometer trace.			
I can label the key areas of the Heart.			
I know the structure of arteries, veins and capillaries and how their structure relates to their function.			
I can explain the pathway of blood.			
I can explain the processes of Vasoconstriction, Vasodilation and why this happens.			
I can describe what cardiac output, stroke volume and heart rate are and describe the relationship between them.			
I can explain the difference between aerobic and anaerobic respiration.			
I can give several examples of activities that would primarily use the aerobic/anaerobic systems and justify my answer.			
I can explain what 'oxygen debt' is and how the body recovers from this.			
I can explain the different methods of recovering from exercise including cool downs, manipulation of diet, ice baths and massages.			
I can explain the immediate effects of exercise (during exercise)			
I can explain the short term effects of exercise (24-36 hours after exercise).			
I can explain the long term effects of exercise (months to several year of exercise)			

Movement Analysis **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?**		
			
I can define the terms lever, effort, load and fulcrum.			
I can draw linear versions a first, second and third class lever.			
I can give examples of levers which are used within various sporting movements.			
I can define the terms load and effort arm.			
I can describe what mechanical advantage and mechanical disadvantage are.			
I can label the effort and load arm on the 3 different classes of levers.			
I can interpret and calculate whether a lever has mechanical advantage or disadvantage.			
I can describe where flexion takes place in the body and give sporting examples.			

I can describe where extension takes place in the body and give sporting examples.			
I can describe where abduction takes place in the body and give sporting examples.			
I can describe where adduction takes place in the body and give sporting examples.			
I can describe where dorsiflexion takes place in the body and give sporting examples.			
I can describe where plantarflexion takes place in the body and give sporting examples.			
I can describe where rotation takes place in the body and give sporting examples.			
I can identify a frontal, transverse and sagittal plane.			
I can identify the sagittal, longitudinal and transverse axes.			
I can give examples of sporting movement in the frontal plane.			
I can give examples of sporting movement in the sagittal plane.			
I can give example of movement in the transverse plane.			

Physical Training **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?**		
			
I can define health and fitness.			
I understand the relationship between health and fitness.			
I can define the terms agility, balance, and cardiovascular endurance.			
I can define the terms coordination, flexibility, and muscular endurance			
I can define the terms power, reaction time and speed.			
I can define maximal, static, explosive and dynamic strength.			
I can justify why different components of fitness are needed in different sporting activities.			
I can describe the reasons for fitness testing.			
I understand the limitations of fitness testing.			
I can describe the Illinois agility test, stork balance and multistage fitness test.			
I can describe the wall toss test, sit and reach and sit up bleep test.			
I can describe the vertical jump, ruler drop and 1 rep max test.			

I can describe the 30 metre sprint and handgrip dynamometer test.			
I can describe the principles of training using the SPORT acronym.			
I can describe methods of progressive overload using the FITT acronym.			
I can describe the aerobic training zone and what type of sportsperson would best suit this type.			
I can describe the anaerobic training zone and what type of sportsperson would best suit this type.			
I can describe advantages and disadvantages of circuit and continuous training.			
I can describe advantages and disadvantages of interval, HIIT and fartlek training.			
I can describe advantages and disadvantages of static stretching and weight training.			
I can describe the advantages and disadvantages of plyometric and altitude training.			
I can justify which type of training would best suit an athlete.			
I can explain several ways for how injury can be prevented.			
I can name the 3 training seasons.			
I can describe what the primary focus of each training season is.			
I can describe the stages of an effective warm up and cool down.			
I can explain the physiological and psychological benefits of an appropriate warm up and cool down			

Revision Checklist: Paper 2

Sports Psychology **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?** 		
I can define the terms skill and ability.			
I can define and give sporting examples of basic and complex skills.			
I can define and give sporting examples of open and closed skills.			
I can define and give sporting examples of self-paced and externally paced skills.			
I can define and give sporting examples of gross movement and fine movement skills.			
I can define performance and outcome goals.			
I can give sporting examples of performance and outcome goals.			
I understand what SMART targets are and can give sporting examples.			
I can explain the role of each stage of the information processing model (Input, Decision-making, Output, and Feedback).			

I can use the information processing model and apply this to sporting examples.			
I can evaluate and give examples of visual and verbal guidance.			
I can evaluate and give examples of manual and mechanical guidance.			
I can evaluate the use of positive and negative feedback on beginner and elite performers.			
I can evaluate the knowledge of results/performance on beginner and elite performers.			
I can evaluate the use of extrinsic and intrinsic feedback of beginner and elite performers.			
I can define the term arousal.			
I understand the relationship between arousal and performance level using the Inverted U Theory.			
I can link skills to the required amount of arousal for optimum performance.			
I understand different stress management techniques which can be used.			
I can define indirect and direct aggression.			
I can link direct and indirect aggression to sporting examples.			
I understand the characteristics of introvert and extrovert personality types.			
I can explain what types of sport (individual/team etc.) is best suited to a particular personality type.			
I can define the term motivation.			
I can define intrinsic and extrinsic motivation, using sporting examples.			
I can evaluate the use of extrinsic and intrinsic motivation on performance.			

Socio-Cultural Influences **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?**		
			
I understand the factors that contribute engagement levels in different genders.			
I understand the factors that contribute engagement levels in people of different religions/cultures/ethnicities			
I understand the factors that contribute engagement levels in people of different ages.			
I understand the factors that contribute engagement levels in people who have disabilities.			
I understand the factors that contribute engagement levels with family/friends.			
I understand the relationship between sport, sponsorship and the media			

I can identify and describe different types of sponsorship.			
I can explain the positive and negative effects of sponsorship.			
I can identify and describe different types of media.			
I explain the positive and negative impact of the media.			
I can describe a range of technologies used in a variety of sports.			
I can explain the positive and negative impacts of technology.			
I can define and give examples of etiquette, sportsmanship, gamesmanship and contract to compete			
I understand the positive effects of different Performance Enhancing Drugs and the side effects of taking them.			
I can explain the process of prohibited methods (blood doping) and how this aids performance.			
I can identify and explain which type of performer may use different Performance Enhancing Drugs using sporting examples.			
I can explain the advantages and disadvantages of athletes taking PED's.			
I can describe the positive influence of spectator behaviour at matches/events.			
I can describe the negative influence of spectator behaviour at matches/events.			
I can explain why hooliganism may occur at a match or sporting event.			
I can explain different strategies that combat hooliganism from happening at sports events.			

Health, Fitness and Well-being **Knowledge checklist – what <u>you</u> need to know**	**How confident are you?**		
			
I know the difference between fitness and health.			
I know how physical activity can benefit someone's physical, mental and social well-being.			
I know the benefits obtained from physical activity one someone's fitness.			
I can define what a sedentary lifestyle is.			
I can define obesity.			
I can describe the consequences of a sedentary lifestyle on someone's physical, emotional and social health.			

I can describe why obesity can be negative towards someone's performance in sport.			
I can explain why obesity can effect an individual's mental, social and physical health.			
I understand the use of a BMI to calculate whether or not someone is under/overweight or obese.			
I can describe what a somatotype is.			
I can describe the 3 different somatotypes and the characters of each one.			
I can justify which somatotype would be suited to a sport/position in sport.			
I understand which components of fitness are traditionally seen within the 3 different somatotypes.			
I understand the 4 factors which effect how many calories an individual needs.			
I can state how many calories an average male/female need on a daily basis.			
I understand the relationship between energy expenditure and energy intake (weight gain & weight loss).			
I know the definition of a balanced diet.			
I can justify why a balanced diet is important for an athlete.			
I know the amounts (%) required of carbohydrates, protein and fats in a typical balanced diet.			
I know the role of carbohydrates, fats, protein and vitamins/minerals within the body.			
I know the definitions of dehydration, hydration and rehydration.			
I know the effects of dehydration on the body.			
I can justify the importance of staying hydrated for a sporting activity and the effect it has on performance.			