

# GCSE PE

## SCHEME OF WORK GCSE THEORY

- To be taught through the practical as much as possible.
- Stress keywords and definitions throughout the course.
- Differentiated work.
- PEP A.4 and A.5 completed during year 11 SE; 99-102
- Analysing performance Edex: 6- 29 SE: 122-128

UNIT	LESSON	TOPIC	KEYWORDS	REFERENCES
A.1	1	Reasons for taking part in activities: Physical – Feel good and look good, body shape, good health, Mental – Relieve stress, relieve tension, co-operation, competition, challenge, aesthetic appreciation Social – Making friends, fun, social mixing, sport club membership What makes a champion Sporting Hero	Physical Mental Social	Edex : 30 - 37
A.2	2	Definitions of Health, Fitness, performance, exercise. Health Related Exercise Cardiovascular Fitness, flexibility, Muscular endurance, Muscular Strength, Body Composition Importance in physical activities. Games, Gym,	Performance, exercise, Fitness, Health,	Edex: 38-41 SE: 68 SE: 74-76

		Swimming, Dance, athletics, Outdoor.		
A.3	3	Skill related Fitness Relationship to sports eg, Games, Gym, Swimming, Dance, Athletics, Outdoor,	Agility Balance Co-ordination Power Reaction Time Speed	Edex: 144 SE: 81 Edex : 145 SE: 83 Edex: 145 SE: 82 Edex: 146 SE: 78 Edex: 147 SE: 84 Edex: 148 SE: 80
A.2	4	Fitness tests Flexibility – Sit and Reach Muscular Endurance – Press ups Muscular strength – Hand grip Dynamometer Cardiovascular – Coopers 12 min run	Cardiovascular Flexibility Muscular strength Muscular Endurance Body Composition	Edex : 82 SE; 70 Edex ; 131 Se: 72-73 Edex: 100-101 SE: 79 Edex: 100 SE:77 Edex :120 SE;71
A.3	5	Skill related Tests Agility – Illinois Agility test Balance – Stork Balance		SE;69
A.3	6	Skill related tests Co-ordination – Wall toss Power -= Standing Broad Jump		
A.3	7	Skill Related Tests Reaction time – Ruler test Speed – 50m test		
A3	8	Born to win MSFT		
A.4	9	Principles of Training	Overload, specificity, individual needs, systematic programming, progression, regularity, moderation, FITT,	Edex; 85-93 SE: 88-89 SE: 96  SE: 64

			reversibility, tedium Target Zone Thresholds of training MHR Recovery Rate	Edex: 86 Edex: 86 Edex: 70-71 Edex: 88
A.5	10	Training session Warm up, main activity, cool down. Methods of training Anaerobic Anaerobic	Aerobic Anaerobic	Edex: 82-84 SE: 90-95 SE: 97
A.5	11	Methods of training and their importance to certain sports. Fartlek Comparing two training sessions	Fartlek Continuous	Edex: 96 Edex: 95 Edex ; 98-99
A.5	12	Interval	Interval Circuit Cross Weight	Edex: 102-103 Edex: 96 Edex: 96 Edex: 102-103
A.5	13	Somatotyping The effect on sports.	Endomorph Ectomorph Mesomorph	Edex: 52-53, 56-57
A.5	14	Diet and Energy Overweight, over fat, obese, Under eating, overeating can affect body weight Optimum weight Diet effected by sport performing.		Edex: 42-45 SE: 136 -138
A.6	15	Diet Nutritional requirements of a balanced diet and the importance and use of carbohydrates, proteins, fats, minerals, water and fibre for maintaining requirements	Water Fibre Minerals	Edex: 46-51 SE:132-135

		when undertaking an exercise programme. Explain the importance of C, P, F, V,M , W and F in energy production	Proteins Fats Carbohydrates Vitamins	
A.5	16	Health, Hygiene and importance to participation in activities. smoking, alcohol ,social drugs effect on the body. Athletes foot, Verrucae recognise and treat.		Edex: 97 SE: 150 Edex: 61 Edex: 148 SE: 140, 142-143
A,5	17	Performance enhancing drugs why and what are the side effects.		Edex: 148-153 SE:141, 144 -149 Video
	18	Revision for exams		
		YEAR 10 EXAMS		
B.1	19	Prevention of Injury Rules, correct clothing/footwear, correct equipment, balanced competition, warm up, cool down.	Prevention Balanced competition Warm up cool down Rules	Edex: 134-136 SE:154-157
B.2	20	Sports injuries Joints – Dislocations, tennis and golf elbow cartilage, twists Fractures	Joint injuries Fractures	Edex: 137-8 SE: 161
B.2	21	Sports Injuries Soft Tissue Skin Damage – cuts/grazes,blisters RICE	Soft Tissue Skin Damage RICE	Edex: 132- 133, 138-139 SE: 160, 162-163
B.2	21	Dehydration and Hypothermia Unconsciousness/Concussion DRABC and resuscitation	Dehydration Hypothermia Concussion	Edex: 140-141 SE: 164-168

		Recovery Position	Unconsciousness DRABC Recovery Position	
	22	Test on Safe practice and Injury		
	23 and 24	REVISION FOR EXAM FILL IN PEP BOOK		
		YEAR 11 EXAM		
C.3	25	Bones Function – shape, protection, movement, support, blood production. Names of bones, cranium, sternum, ribs, ilium, humerus, ulna, radius, femur, patella, tibia, fibula, scapular, clavicle, tarsals, metatarsals, phalanges. Vertebral column – 5 regions importance in movement.	Function	Edex: 108-114 SE: 12, 14-17
C.3	26	Classification of bones and importance to movement in sport	Flat Short Long Irregular	Edex: 108 SE: 14
C.3	27	Ossification and composition of Bones Growth, Development importance in terms of body shape, size, body weight, optimum weight, sports performance. Importance of diet and exercise.	Ossification	Edex: 106-7 SE: 13
C.4	28	Joint Hinge, Pivot, Ball and socket, relation to sporting movement.	Joint	Edex: 116-118 SE: 19-20
C.4	29	Movement – Flexion, extension, rotation, adduction, abduction, in relation to all sports.	Flexion Extension Adduction Abduction	Edex: 115, 117 SE: 32-33

			Rotation	
C.4	30	Synovial Joint structure and its injuries Cartilage function in sporting activities Tendons Structure and assisting sports activities Ligaments structure and assisting sports activities.	Synovial Joint Cartilage Tendon Ligaments	Edex;114 Edex: 123, 127 SE: 18, 26
C.5	31	Muscles Classification – Voluntary, involuntary, cardiac Importance to sports activities. Muscle Tone Posture	Voluntary Involuntary Cardiac	Edex: 121 SE:22,27, 28-29 Edex: 123, 142-143
C.5	32	Muscles – triceps, biceps, deltoids, pectorals, trapezius, gluteals, quadriceps, hamstrings, gastrocnemius, latissimus dorsi, abdomnals relation to sports activities. Strength, endurance, size and action can be enhanced through training		Edex; 124-126, 128-129 SE:23
C.5 A.5	33	Antagonistic pairs of muscles Slow and fast twitch fibres Muscle contraction Isometric, isotonic	Isometric Isotonic	SE: 27, 34 Edex: 122 Edex: 104-105 SE:25
C.1	34	Heart – atria, ventricles, septum, tricuspid, bicuspid, semi-lunar valves, aorta, vena cava, pulmonary artery, pulmonary vein, how effected by exercise Double Pump, Double circulatory system		Edex: 58-59 SE: 36-38
C.1	35	Heart Rate Stroke volume Cardiac Output Effects of exercise on these	Heart Rate Stroke volume Cardiac Output	Edex: 68-69 SE: 42
C.1	36	Arteries, capillaries, veins – thickness, valves, blood pressure, direction of flow, internal lumen Blood – red cells, white cells, platelets, plasma Transport, body defence	Arteries Veins Capillaries Red cells	Edex 60 SE: 39- 41,43 Edex: 61-67

			White cells Platelets Plasma	
C.2	37	Respiratory system – larynx, trachea ,brochi, bronchioles, alveoli, effects of training on them. Nasal passages and lungs linked to sporting activities. Breathing – inspiration and expiration at rest		Edex: 72-73 SE: 46-48
C.2	38	Oxygen Debt, Vital Capacity, Tidal Volume	Oxygen Debt Vital Capacity Tidal Volume	Edex: 75 SE: 50-51
C.2	39	Energy production in relation to Glucose and Oxygen Lactic Acid, Aerobic, CP Production of carbon Dioxide, Water and release of energy Gaseous Exchange	Carbon Dioxide Oxygen	SE: 49, 60-63  Edex;74
A.5	40	Describe the immediate effects of exercise on: Bones, joints, muscles, cardiovascular and respiratory systems		Edex: 76-79 SE:31,43, 52, 56
A.5	41	Describe the effects of regular training and exercise and the long term benefits of exercise on Bones, joints, muscles, cardiovascular and respiratory systems		Edex: 80-81 SE: 57 SE: 105 106
	42	Completed PEP book handed in		
		REVISION FOR EXAM SEE SEPARATE SHEET		