

GCSE Physical Education – Course Outline

Area	Area of study	Learning Objectives
1.1.1	Healthy active lifestyles	To understand the Physical, mental and social benefits of exercise. To be able to categorise reasons and explain why they are important.
1.1.2	Key influences that impact on sustained involvement in physical activity	To understand the cultural influences on sport To discuss women in sport and the opportunities they have compared to men To understand how image influence such as media and fashion can affect participation
1.1.2	Key influences that impact on sustained involvement in physical activity	To describe influential people on our decision to take up a sport To be able to discuss the influence of resources and socio-economic status on sporting choices
1.1.2	Opportunities and pathways for involvement in physical activity	To understand the different roles in physical activity.
1.1.2	Opportunities and pathways for involvement in physical activity	To be able to describe the participation pyramid and its meaning To explain initiatives that provide opportunities for involvement in physical activity
1.1.2	Opportunities and pathways for involvement in physical activity	To understand the range of local and national facilities available and their aims. To be able to explain a range of youth sport trust programmes.
1.1.3.	Exercise and fitness as a part of an active lifestyle	To understand the definitions of health, fitness and exercise. To be able to describe the difference between health and fitness.
1.1.3.	Exercise and fitness as a part of an active lifestyle: Health Related Fitness	To understand and describe the components of health related fitness
1.1.3.	Exercise and fitness as a part of an active lifestyle:	To practically explore the tests for health related exercise and to be able to evaluate/interpret recordings.

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	Health Related Fitness	
1.1.3.	Exercise and fitness as a part of an active lifestyle: Skill Related Fitness	To understand the components of skill related fitness To explain why these components are important to different sports.
1.1.3.	Exercise and fitness as a part of an active lifestyle: Skill Related Fitness	To explore the testing for skill related fitness and to be able to evaluate results.
1.1.4a	Physical activity – Principles of training and goal setting	To understand the principles of training that a performer should use to increase fitness. To explain the principles of goal setting and the importance.
1.1.4b	Methods of training and assessing fitness	To understand the different methods of training and their effects. To describe various fitness test that are useful to a performer during a PEP.
1.1.4b	Understanding the exercise session	To understand the components of an exercise session. To explain what the function of a warm up and cool down are.
1.1.5	Personal health and well-being	To understand the 7 components of a balanced diet. To describe the effects of dehydration and the importance of water before, during and after exercise.
1.2.1a	Your healthy active body - effects of weight, safety and drugs on participation	To be able to define the terms overfat, overweight, obese, underweight and anorexia. To body mass index and the affect of weight on performance.
1.2.1a	Your healthy active body - effects of weight, safety and drugs on participation	To understand the different body somatotypes and the influence on performance. To describe ways of measuring fat and muscle in the body.
1.2.1b	Your healthy active body - Risk associated with	To be able to understand how rules and officials protect against injury

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	participation	<p>To understand and identify specific equipment/clothing for particular sports</p> <p>To be able to explain the term ‘balanced competition’ and how this can be achieved</p>
1.2.1b	Your healthy active body - Substance and the sportsperson	<p>To understand the effect of smoking and alcohol on the performer</p> <p>To understand why sportspeople take drugs.</p> <p>To identify the main categories of drugs, who might take them, their effects and side effects.</p>
1.2.2	Active lifestyles and your cardiovascular system	<p>To understand the functions of the circulatory system.</p> <p>To be able to identify the differences between veins, arteries and capillaries.</p>
1.2.2	Active lifestyles and your cardiovascular system	<p>To be able to identify and label the components of the heart.</p> <p>To be able to define heart rate and describe the effect training has on resting H.R.</p>
1.2.2	Active lifestyles and your cardiovascular system	<p>To be able to define heart rate, stroke volume and cardiac output.</p> <p>To understand the heart function as a double pump</p>
1.2.2	Active lifestyles and your cardiovascular system	<p>To describe the components of blood and the role they play in the body.</p> <p>To understand the significance of blood pressure.</p> <p>To be able to describe the long term effects of training on the circulatory system</p>
1.2.3	Active lifestyles and your respiratory system	<p>To understand the structures of the respiratory system and their functions.</p> <p>To be able to describe the mechanisms of breathing</p> <p>To learn the composition of inhaled and exhaled air</p>
1.2.3	Active lifestyles and your respiratory system	<p>To understand the effects of alcohol and smoking on the lungs and performance.</p> <p>To be able to describe the long term effects of training on the</p>

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		respiratory system
1.2.4	Active lifestyles and your muscular system	To understand the three muscle types and their functions To be able to label the important voluntary muscles in our body
1.2.4	Active lifestyles and your muscular system	To be able to define and explain muscle tone and posture To understand the difference between fast and slow twitch muscle fibres and the relevance to the sportsperson.
1.2.4	Active lifestyles and your muscular system	To understand and describe the term 'antagonist pair' To understand the different types of muscle contraction.
1.2.4	Active lifestyles and your muscular system	To understand how to improve muscular strength and muscular endurance. To be able to explain the long term benefits of exercise on muscles.
1.2.5	Active lifestyles and your skeletal system	To be able to describe the functions of the skeleton To be able to recognise and label a skeleton.
1.2.5	Active lifestyles and your skeletal system	To be able to classify the different types of bones. To describe the regions of the vertebrae and their function.
1.2.5	Active lifestyles and your skeletal system	To be able to define a joint To be able to describe the different types of synovial joint and how they are used in various sporting movements
1.2.5	Active lifestyles and your skeletal system	To understand the different structures of a joint To be able to describe the difference between cartilage, tendons and ligaments
1.2.5	Active lifestyles and your skeletal system	To understand and analyse sporting examples of joint movements and their location. To describe the long term benefits of exercise on bone structures To understand potential bone related injuries that can occur during performance.