

# **AQA GCSE PHYSICAL EDUCATION**

## **Two year plan**

### **Year 10 Content – First Year of Course**

#### **Health, fitness and well-being – Paper 2: Socio-cultural influences and well-being in physical activity and sport.**

- 1 The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.
- 2 The consequences of a sedentary lifestyle.
- 3 Obesity and how it may affect performance in physical activity and sport.
- 4 Somatotypes.
- 5 Energy use.
- 6 Reasons for having a balanced diet and the role of nutrients.
- 7 The role of carbohydrates, fat, protein, vitamins and minerals.
- 8 Reasons for maintaining water balance (hydration) and further applications of the topic area.

#### **Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.**

- 9 Bones and the functions of the skeleton.
- 10 Structure of the skeletal system/functions of the skeleton.
- 11 Muscles of the body.
- 12 Structure of a synovial joint.
- 13 Types of freely moveable joints that allow different movements.
- 14 How joints differ in design to allow certain types of movement.
- 15 How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.

**Movement analysis – Paper 1: The human body and movement in physical activity and sport**

- 16 First, second and third class levers.
- 17 Mechanical advantage.
- 18 Analysis of basic movements in sporting examples.
- 19 Analysis of basic movements in sporting examples.
- 20 Planes and axes.

**Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.**

- 21 The pathway of air and gaseous exchange.
- 22 Blood vessels.
- 23 Structure of the heart and the cardiac cycle (pathway of blood).
- 24 Cardiac output and stroke volume (including the effects of exercise).
- 25 Mechanics of breathing and interpretation of a spirometer trace.
- 26 Aerobic and anaerobic exercise.
- 27 Recovery/EPOC.
- 28 The short and long term effects of exercise.

**Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.**

- 29 Skill and ability, including classification of skill.
- 30 Definitions and types of goals.
- 31 The use and evaluation of setting performance and outcome goals, including the use of SMART targets to improve/optimize performance.
- 32 Basic information processing.

## Year 11 Content – Second Year of Course

### **Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.**

- 33 Examples of and evaluation of the types of feedback and guidance.
- 34 Arousal and the Inverted U theory.
- 35 Application of how optimal arousal has to vary in relation to the skill/stress management techniques.
- 36 Aggression and personality.
- 37 Intrinsic and extrinsic motivation, including evaluation of their merits.