Personal Learning and Revision Checklist

Use this checklist to make sure that all topics are covered in your revision and to ensure you know what your focus areas are.

Subject: Physical Education   TIER: GCSE

Topic	RAG Rate	Further support required?
Unit 1: Anatomy and Physiology		
Classification of joints and movements possible ● Pivot ● Hinge ● Ball and Socket ● Condyloid		
The role of ligaments and tendons and their relevance to physical activity		
Muscle Types - classification, characteristics and their roles when participating in physical activity ● Voluntary muscles of the skeletal system ● Involuntary muscles in blood vessels ● Cardiac muscle forming the heart		
Location and role of the voluntary muscles and the specific movements that they bring about ● Deltoid ● Biceps ● Triceps ● Pectoralis major ● Latissimus dorsi ● External obliques ● Hip flexors ● Gluteus maximus ● Quadriceps ● Hamstrings ● Gastrocnemius ● Tibialis anterior		
Antagonistic muscle pairs (agonist and antagonist) and the movements that they allow ● Gastrocnemius and tibialis anterior ● Quadriceps and hamstrings		

Topic	RAG Rate	Further support required?
● Biceps and triceps ● Hip flexor and gluteus maximus		
Functions of the cardiovascular system ● Clotting of open wounds ● Transport of nutrients ● Regulation of body temperature		
Aerobic and Anaerobic exercise		
Short term effects of physical activity on: ● Lactate accumulation and muscle fatigue ● Heart rate, stroke volume and cardiac output ● Depth and rate of breathing		
How the respiratory and cardiovascular systems work together to allow participation		
Long-term effects of exercise on the body		

Topic	RAG Rate	Further support required?
Unit 3: Physical Training		
Definitions of: ● Fitness ● Health ● Exercise ● Performance Relationship between the above four.		

Fitness testing
● The purpose of fitness tests
● Testing protocols
● Selection of appropriate fitness tests and the rationale for it
● Collection and interpretation of data from fitness test results and analysis and evaluation of these against normative data tables
● Fitness tests for specific components of fitness:
  ○ Cooper 12 minute run/swim
  ○ Harvard step test
  ○ Illinois agility test
  ○ Hand grip test
  ○ One minute sit up / press up test
  ○ 30m sprint
  ○ Vertical jump		

Topic	RAG Rate	Further support required?
○ Sit and reach		
How fitness is improved		

Principles of training
● Factors to consider when deciding appropriate methods of training and training intensities -
  ○ fitness/sport requirements
  ○ Facilities available
  ○ Current levels of fitness		

Methods of training for specific components of fitness and their advantages/disadvantages: ● Continuous ● Fartlek ● Circuit ● Interval ● Plyometrics ● weight/resistance Fitness classes ● Body pump ● Aerobics ● Pilates ● Yoga ● Spinning		
Long term training effects and benefits		
Performance Enhancing Drugs and the positive/negative effects on sporting performance and lifestyle: ● Anabolic steroids ● Beta blockers ● Diuretics ● Growth hormones ● Stimulants ● Peptide hormones (EPO) ● Blood doping ● Narcotic analgesics		
Interpret data accurately		

Topic	RAG Rate	Further support required?
Unit 4: Health, fitness and wellbeing		
Physical and emotional health		
The consequences of a sedentary lifestyle		

Topic	RAG Rate	Further support required?
- Overweight - Overfat - Obese - Increased risk of long-term health		
Diet - Nutritional requirements and ratios of nutrients for a balanced diet - Role and importance of macronutrients - Carbohydrates - Proteins - Fats - Carbohydrate loading - Protein intake - Role and importance of micronutrients - Vitamins - Minerals		

Topic	RAG Rate	Further support required?
Unit 5: Sports Psychology		
Classification of skills and their continua: - Open / Closed - Basic(simple) / Complex - Low organisation and high organisation		
SMART targets - Specific - Measureable - Achievable - Realistic - Time-bound		
Types of feedback to optimise performance - Intrinsic - Extrinsic - Concurrent - Terminal		

Topic	RAG Rate	Further support required?
Unit 6: Socio-cultural Influences		
Participation rates considering the following personal factors: Gender		

● Age ● Socio-economic ● Ethnicity ● Disability		

Commercialisation
  ● Advantages and disadvantages for:
    ○ The sponsor
    ○ The sport
    ○ The player/performer
    ○ The spectator		

Sporting behaviour
  ● Sportsmanship
  ● Gamesmanship
  ● Reasons for and consequences of
    deviant behaviour		

Accurate interpretation of data		