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| GCSE Physical Education |  | | | | | |
| **Enquiry Question: Does your height determine how strong you are?** | | | | | | |
| **Unit title: Movement Analysis**  ***Why now?*** Movement analysis relates to the mechanics of the body – biomechanics. Once students have been taught the anatomy of the body and are able to identify the muscles, bones and what movements occur at particular joints they will then be ready to learn how these movements are analysed. They will need to understand the levers of the body and the relationship between the planes of motion and the axis of rotation. This will allow them to have a greater understanding of the limitations of joints and help them design training programmes effectively for different types of people. Links to chapter 3.1.3 – Physical Training. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Extra Resources  Extended Reading | Cultural Capital |
| * First, Second and Third class lever systems within sport. * Mechanical Advantage * Identification of Planes and Axis. | * Label diagrams correctly * Define key terms * Draw diagrams correctly i.e. first/second/third class levers * Answer short answer questions * Use the 9-mark template to answer long answer questions * Demonstrate and model movements of the body * Understand and know key equations. | 1st Class Levers  2nd Class Levers  3rd Class Levers  Fulcrum  Load  Effort  Mechanical Advantage  Planes – frontal, transvers, sagittal  Axis – longitudinal, transverse, sagittal. | Use of Google Classroom and blended learning.  PiXL: <https://www.pixl.org.uk/>  Seneca: <https://senecalearning.com/en-GB/>  Afterschool revision lessons at Langdon Park.  Milk: <https://my.milkapp.io/> | Question/Answer  Self- assessment  Peer assessment  Examinations  Book reviews and marking  Assignments | QR Code – Linked to the AQA Specification  <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>  Revise AQA GCSE (9-1) Revision Guide  AQA GCSE (9-1) PE (Aqa for Gcse) | Links with the Science and the maths faculty with regards to mechanics and forces.  YouTube clips are watched alongside other video clips to enhance understanding of topics.  <https://nathanwalkerphysed.com/pe-geeks-corner/> |