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| GCSE Physical Education |  | | | | | |
| **Enquiry Question: What is the most important component of fitness for formula 1 driver?** | | | | | | |
| **Unit title: Physical Training**  ***Why now?*** Students first must understand the components of the human body and how they operate alone and with other together. (bones, muscles) Once they understand the working of our anatomy they will then use their knowledge of training to be able to design specific programmes for various types of people. This unit is in line with vocational courses they may be aware of i.e. personal trainers. Their understanding of the testing and measuring of fitness will allow them to highlight weaknesses of an individual’s fitness and suggest ways on how to improve these weaknesses. | | | | | | |
| **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 |
| * Relationship between health and fitness. * The components of fitness * Fitness Testing * Measuring the components of fitness * Demonstrate how data is collected * The principles of training * Types of training * Advantages and disadvantages of types of training. * Calculating intensities of training * Injury prevention * Seasonal aspects * Warming up and cooling down. | * Label diagrams correctly * Define key terms * Draw diagrams correctly. * 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. | Health  Fitness  Agility  Balance  Cardiovascular endurance  Coordination  Flexibility  Muscular endurance  Power  Reaction time  Strength  Speed  Specificity  Overload  Reversibility  Tedium  FITT | 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) | The Gym and other sporting facilities are used to help students design and carry out fitness testing and programmes.  Links to Poplar gym and how personal trainers use the space.  YouTube clips are watched alongside other video clips to enhance understanding of topics.  <https://nathanwalkerphysed.com/pe-geeks-corner/> |