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| GCSE Physical Education |  |
| **Enquiry Question: What is the strongest muscle in the body?** |
| **Unit title: Applied Anatomy & Physiology*****Why now?*** Students learn the first chapter on the AQA GCSE Specification which is linked to Exam Paper 1 – The anatomy and Physiology paper. Chapter 3.1.1 Applied anatomy and physiology is the foundations of the paper that will allow students to learn the bones and muscles of the body. It also gives them the knowledge of the range of movements at a joint which they will need to understand the next chapter on the specification (3.1.2) which focuses on movement analysis. During this chapter on applied anatomy and physiology they will also learn and understand the functions of the cardio-respiratory system which students will need to know before being taught 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 ResourcesExtended Reading | Cultural Capital |
| * The bones of the body
* Structure & function of the skeleton
* The muscles of the body
* Structure of a synovial joint
* Types of freely moveable joints
* Antagonistic pairs
* The pathway of air
* Gaseous exchange
* Blood Vessels
* Structure of the heart
* The cardiac cycle
* Mechanics of breathing
* Interpretations of a spirometer trace
* Anaerobic and aerobic exercise
* Short- and long-term effects of exercise
 | * Label diagrams correctly
* Define key terms
* Draw diagrams correctly i.e. the cardiac cycle.
* 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.
 | BonesSkeletonHingeBall & SocketJointMusclesLigamentsTendonsFlexionExtensionAbductionAdductionRotationPlantar-FlexionDorsi-FlexionHeartLungsAlveoliTracheaBronchiiBronchiolesAerobicAnaerobic | 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/AnswerSelf- assessmentPeer assessmentExaminationsBook reviews and markingAssignments |  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 GuideAQA GCSE (9-1) PE (Aqa for Gcse) | Links with the Science faculty with regards to biology and the anatomy of our body. Use of the Gym facilities are available to link breathing and physical activity together and how exercise affects our oxygen uptake. YouTube clips are watched alongside other video clips to enhance understanding of topics. <https://nathanwalkerphysed.com/pe-geeks-corner/>  |