

Yr 10 GCSE REVISION

Topic	Key Words	C-B	A/A*
The Learning of skills	<p>Different levels of skill - differences between novice and top performer, referring to PFACE- Pre-determined, Fluent, aesthetic, Co-ordinated, Efficient</p> <p>Learning & developing skill - Practice/rehearsal Role models Copying others Trial & error</p> <p>Types of Feedback : intrinsic and extrinsic feedback, knowledge of performance and knowledge of results.</p>	<p>Give example of how you would evaluate a skill using PFACE</p> <p>For each method of learning you should be able to give practical examples</p> <p>Describe 2 characteristics of each type of feedback Give examples of each type of feedback</p>	<p>Explain the differences between novice and expert performer</p> <p>Advantages and disadvantages of each way of learning a skill</p> <p>Describe how each type of feedback can motivate people to follow an active and healthy lifestyle and the benefits of feedback</p>
<p>Motivation & Mental Preparation</p> <p>Goal setting</p>	<p>Motivation Define motivation Intrinsic and extrinsic motivation to participate in different roles as participant, leader and official.</p> <p>Goal Setting: Reasons for setting goals - MAPE</p> <ul style="list-style-type: none"> ▪ Motivate ▪ Control Anxiety & Stress ▪ Improve Performance ▪ Continue with Exercise <p>Identify SMARTER Principles</p>	<p>Describe the difference between intrinsic & extrinsic Give examples of each type of motivation and for each role.</p> <p>Describe effects of goal setting on: Performance; Exercise adherence, Focus, Anxiety, Success, Measuring Progress, Motivation, Rewarding, Encouragement</p> <p>List skill within your own sports and set yourself targets according to</p>	<p>Apply each type of motives via practical examples.</p> <p>Be able to explain each of the SMARTER elements and apply them to practical examples eg learning to shoot in football</p> <p>Apply each method of mental preparation using a practical examples.</p>

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<p>Muscles The value of healthy and efficient muscles and ways in which an active, healthy lifestyle can maintain and develop the health of muscles</p>	<p>Types of muscle in the body - 3 types- involuntary, cardiac & voluntary, Name the 12 different muscles</p> <p>Working muscles - Describe-How muscles contract/ relax, Antagonistic pairs, Role of prime mover, antagonist, synergist. tendons</p> <p>Effects of exercise on muscles - how improved muscle functioning can improve performance</p>	<p>Practise labelling the major muscles of the body.</p> <p>Describe which activities will train different muscles</p> <p>Describe effect of exercise on muscles</p>	<p>Describe characteristics of 3 types of muscle</p> <p>Explain how muscles produce movement (4 marks)</p> <p>Describe why healthy muscular system is needed for active lifestyle</p>
<p>The value for healthy tendons and associated problems and how to avoid them:</p>	<p>Describe causes and treatment of</p> <ul style="list-style-type: none"> • Strain • Overuse • Inflammation • Tendonitis • Tennis elbow • Soreness 	<p>Describe the symptoms and how to treat them if they occur</p> <p>Describe how to avoid tendon problems.</p>	<p>Explain that a healthy, active lifestyle will reduce risk of tendon damage, making them stronger and more flexible</p>
<p>Principles of training</p>	<p>PROPS- Progression, Reversability, Overload, Peaking, Specificity FITT- Frequency, Intensity, Type, Timing</p>	<p>You must learn the definition of each principle and examples of how they can be included into a training plan.</p>	<p>Be prepared to explain why and how each principle of training can be used in a training programme.</p>
<p>Training methods</p>	<p>Explain and give examples of the following training methods: Circuit training, weight training, plyometrics, flexibility training, continuous training, fartlek and interval training</p> <p>Be able link each training type to aerobic/anaerobic exercise</p>	<p>Learn the name of each training method and be able to describe at least 3 characteristics of each type of training</p>	<p>Advantages and disadvantages of each type of training</p>
<p>Short-term effects of an</p>	<p>Describe the short-term effects of exercise Cardiovascular system- heart rate, stroke</p>	<p>Discuss the links between increased respiratory rate, tidal volume and</p>	<p>Explain concept of anticipatory rise to prepare body for</p>

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active, healthy lifestyle	<p>volume, cardiac output</p> <p>Respiratory system- respiratory rate, tidal volume, minute volume</p> <p>Muscular system- muscle temperature increases, effects of fatigue</p> <p>Explain the concept of the vascular shunt mechanism</p>	<p>minute volume and the links between increased heart rate , stroke volume and cardiac output</p> <p>Must be able to apply each effect to practical examples</p>	activity.
<p>Aerobic and Anaerobic exercise</p> <p>Effects of lactic acid</p>	<p>Describe aerobic and anaerobic exercise</p> <p>Describe why lactic acid builds up</p> <p>Identify the aerobic and anaerobic training threshold</p>	<p>Have 1 obvious practical example for each and an example of a sport that needs both aerobic and anaerobic</p>	<p>Describe how a cool down increases the oxidation of lactic acid.</p>
<p>Long term effects of exercise</p>	<p>Cardiovascular effects; heart rate, stroke volume and cardiac output, blood pressure, haemoglobin, capillarisation, cardiovascular endurance. Reduce risk of heart disease</p> <p>Effects on the respiratory system; tidal volume, vital capacity and VO2 max, reduction in breathing rate</p> <p>Effects on the muscular system; size and strength of muscle fibres (slow and fast twitch), cardiac hypertrophy, increased size and number of mitochondria, increase in myoglobin content, increased tolerance to lactic acid</p>	<p>Must be able to apply each effect to practical examples</p> <p>Practice writing out definitions.</p> <p>Colour code different definitions to different body systems</p>	<p>Explain that increased oxygen carrying capacity results in increased energy production as well as the increased capacity for blood to transport CO₂ and other waste products.</p> <p>Explain that:</p> <p>Increase in size and strength of slow twitch fibres will result in greater aerobic capacity</p> <p>Increase in fast twitch fibres will increase power, strength and speed.</p>
<p>Current Government Initiatives</p>	<p>Be able to describe how and why the govt are promoting healthy lifestyles</p>	<p>Describe a range of up-to-date initiatives, such as:</p> <ul style="list-style-type: none"> • Five hours of high-quality Physical 	<p>Must be able to explain why the govt are promoting these</p>

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	.	<p>Education and sport per week</p> <ul style="list-style-type: none"> • One hour of physical activity per day • Eating five fruit and vegetables per day <p>Change 4 life</p>	initiatives
Hazards and Injuries	Be able to identify hazards related to the role of participant, leader or official	<p>The gymnasium/sports hall/fitness centre</p> <ul style="list-style-type: none"> • Playing field • Artificial outdoor areas • Court areas • Outdoor adventurous areas. 	Application of potential hazards via practical examples.
Know how to reduce risks and injuries	Know how to minimise risk	<ul style="list-style-type: none"> • Correct clothing/footwear • Personal protective equipment • Health and Safety procedures • Lifting, carrying and placing equipment safely • Appropriate level of competition • Warm up and cool down • The importance of personal hygiene 	Application of via practical examples
Participation in sport & physical activity	<p>Effects of media influences and promotional campaigns for an active, healthy lifestyle on levels of participation.</p> <p>Effects of sponsorship and availability of funds to follow an active, healthy lifestyle</p>	<p>Application of these effects via practical examples</p> <p>with practical examples.</p>	What are the positive and negative effects of media + sponsorship on participation
Reasons for participation and non-participation in physical activities and following an active, healthy	<p>Local and national provision -</p> <p>The roles of the following in promoting participation/leading/officiating in physical activities:</p> <ul style="list-style-type: none"> • Local authority • Private enterprise • Voluntary organisations (clubs) 	<p>Examples of levels of provision locally and nationally in different physical activities and their impact on participation.</p> <p>Application of these roles via practical examples.</p>	

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lifestyle	<ul style="list-style-type: none"> • National organisations (National Governing Bodies) • Olympic organisations (International Olympic Committee; British Olympic Association). 		
Role of schools in physical activity as part of a healthy lifestyle	<p>The role of the school in promoting an active, healthy lifestyle: (HEEL)</p> <ul style="list-style-type: none"> • Health awareness programmes. • Examination courses/related qualifications • Extra curricular activities • Links with clubs/agencies 	Application of these using practical examples	

Useful websites

Mental Imagery	http://www.brianmac.co.uk/mental.htm http://nolimits-consulting.com/VIS.aspx
Mental Preparation	http://www.mindtools.com/page11.html
Learning Skills	Articles relating to different methods of learning skills in sports: http://www.associatedcontent.com/article/12731/learning_sports_skills_and_motor_development.html?singlepage=true
Feedback	Feedback: http://www.teachpe.com/sports_psychology/learning_theories.php
Skeleton	http://www.bbc.co.uk/science/humanbody
Injuries	Sports injuries including tendonitis and tennis elbow: http://www.sportsinjuryclinic.net
Principles of training	Sample training programme: http://www.netfit.co.uk/training/trainingadvice/weight-loss-program.htm
Methods of training	Various examples of training methods including video clips: www.pponline.co.uk
Lactic acid & anaerobic work	Brief explanation of anaerobic threshold: http://www.brianmac.co.uk/enduranc.htm#ant
LT effects of exercise on cardiovascular system	Information relating to heart disease and positive effects of exercise on the heart: www.bhf.org.uk
Government initiatives	<p>Healthy eating tips for the family: http://www.nhs.uk/Change4Life</p> <p>Healthy eating information and interactive quiz: http://www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/index.htm</p> <p>Healthy eating video, sports nutritionist advice: http://www.nhs.uk/LiveWell/GoodFood/Pages/Goodfoodhome.aspx</p>
Sample risk assessment hazard checklist	http://www.bugs.bham.ac.uk/getinvolved/hazcheck.doc