

This term in GCSE PE we will be learning about:

	Grade 7-9	Grade 5-6	Grade 4	Grade 1-3
K N O W L E D G E	<p>Comprehensive knowledge and understanding of:</p> <ul style="list-style-type: none"> • Definitions for all components of fitness • Similarities/differences in the importance of components across sports • Examples of reversibility & how to prevent the effects • Progression & overload to improve performance <p>Conclude how & why to prepare and recover from activity.</p> <p>Create accurate links with other topic areas.</p>	<p>Accurate & appropriate knowledge and understanding of:</p> <ul style="list-style-type: none"> • Key terms of the definitions for all components of fitness. • Setup of a range of fitness tests • Practical examples where each fitness component is important • FITT and changes to this to improve performance • Benefits of types of training • Physical benefits of warm up & cool down <p>Justify the effects of warm up on blood flow & muscle contraction.</p> <p>Show links with other topics.</p>	<p>Some accurate knowledge & understanding of:</p> <ul style="list-style-type: none"> • Names and descriptions of all components of fitness • Suitable tests for fitness comps • Importance of components in different sports • Explain specificity, progression, overload & reversibility • Training types & sporting use • 5 components of a warm up <p>Explain changes to the heart and muscles during a warm up.</p> <p>Revisit previous knowledge.</p>	<p>Demonstrate some relevant knowledge & understanding of:</p> <ul style="list-style-type: none"> • Names of some of the 10 components of fitness • Names of tests, some linked to the component being tested • Key terms of SPOR & FITT • Different types of training • Examples of a warm up & cool down exercises <p>State some changes to heart rate and breathing during a warm up & cool down.</p>
S K I L L S & A P P L I C A T I O N	<p>Confidently apply K & U independently, to assess fitness and prioritise ways to develop.</p> <p>Critically evaluate fitness tests, training and principles of training.</p> <p>Confidently use a range of specialist terminology.</p> <p>Utilise a range of accurate practical examples to detail points.</p> <p>Attain & critically analyse data to construct well-evidenced conclusions regarding fitness & training.</p>	<p>Consistently apply K & U, mostly independently, to explain fitness components & training principles.</p> <p>Evaluate several factors to assess fitness & training and the benefit of warming up.</p> <p>Use accurate specialist terms</p> <p>Support findings and points with accurate practical examples.</p> <p>Analyse a range of information on fitness training & normative data, proposing reasoned conclusions.</p>	<p>Frequently apply understanding independently, to explain fitness training & principles of training.</p> <p>Evaluate factors to explain why athletes have different levels or fitness and types of training.</p> <p>Use mostly accurate specialist terminology.</p> <p>Support points with some evidence (practical examples).</p> <p>Collect & assess fitness data to outline mostly reasoned conclusions.</p>	<p>Occasionally apply knowledge independently, to describe fitness components & training.</p> <p>Consider factors to suggest which sports require high levels of each fitness component.</p> <p>Everyday language commonly used.</p> <p>Occasionally use simple examples to support points.</p> <p>Collect data from fitness tests, and make simple judgements on personal fitness.</p>

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	Grade 7-9	Grade 5-6	Grade 4	Grade 1-3
KNOWLEDGE	<p>Comprehensive knowledge and understanding of:</p> <ul style="list-style-type: none"> CV & respiratory structures related to function. Blood pathway through heart Role of different blood vessels Pathway of air through lungs Mechanics of breathing & role of respiratory muscles CV & respiratory values and their responses to exercise <p>Prioritise causes and affects of training on CV & resp system.</p> <p>Create accurate links from previous topic areas.</p>	<p>Accurate & appropriate knowledge and understanding of:</p> <ul style="list-style-type: none"> Structure & function of heart chambers, vessels & valves. Blood pathway through heart Respiratory structures & roles in pathway of air through the lungs Inspiration & expiration CV & respiratory values and changes during exercise Process of gaseous exchange <p>Justify changes to heart & resp system due to training</p> <p>Show links with previous topics</p>	<p>Some accurate knowledge & understanding of:</p> <ul style="list-style-type: none"> Heart chambers and vessels Role of valves in the heart Arteries, veins & capillaries Blood pathway through heart Oxygenated & deoxygenated blood Respiratory structures Alveoli & site of gas exchange Key heart & breathing values <p>Explain stroke vol & cardiac output changes during ex</p> <p>Revisit previous knowledge.</p>	<p>Demonstrate some relevant knowledge & understanding of:</p> <ul style="list-style-type: none"> Names & locations of heart chambers and vessels Respiratory structures. How heart rate responds to exercise Role of red blood cells <p>State some changes to the heart & resp system during ex</p>
SKILLS & APPLICATION	<p>Confidently apply K & U independently, to interpret the function of CV & resp systems.</p> <p>Critically evaluate a range of factors to predict long- and short-term effects of exercise</p> <p>Confidently use a range of specialist terminology.</p> <p>Utilise a range of accurate practical examples to detail points.</p> <p>Organise & critically analyse data to construct well-evidenced conclusions.</p>	<p>Consistently apply K & U, mostly independently, to explain the function of CV & resp systems.</p> <p>Evaluate several factors to assess changes to CV and respiratory systems during exercise.</p> <p>Use accurate specialist terms</p> <p>Support findings and points with accurate practical examples.</p> <p>Analyse a range of information on changes to CV & resp values, proposing reasoned conclusions.</p>	<p>Frequently apply understanding independently, to explain the structure of CV & respiratory systems.</p> <p>Evaluate factors to explain how CV & resp systems respond to exercise.</p> <p>Use mostly accurate specialist terminology.</p> <p>Support points with some evidence (practical examples).</p> <p>Assess information to outline mostly reasoned conclusions.</p>	<p>Occasionally apply knowledge independently, to describe structures of CV & resp systems.</p> <p>Consider factors to comment on how CV & resp systems affect performance in activity.</p> <p>Everyday language commonly used.</p> <p>Occasionally use simple examples to support points.</p> <p>Arrange info to make simple judgements. on changes to CV & resp values during exercise.</p>