

Year 10 End of Year Revision Plan – GCSE PE

<u>Week;</u>	<u>Topic Area</u>	<u>Resource Link</u>	<u>Activity</u>
1 Week beginning 6th May	<ul style="list-style-type: none"> The Structure and Function of The Musculoskeletal System (Bones, Muscles, Joints) 	Structure of the skeletal system - Skeletal system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	<ol style="list-style-type: none"> Create a stick man. Identify on the stick man label atleast 10 bones, 8 muscles and 4 joints. Give two sporting actions and include the different bones, muscles and joints involved in the 2 actions.
2 Week beginning 13th May	<ul style="list-style-type: none"> Anaerobic and Aerobic Exercise 	The anaerobic respiratory system during exercise - Aerobic and anaerobic exercise - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	<p>Make a line continuum. Label one end with aerobic endurance and one end with anaerobic endurance.</p> <ol style="list-style-type: none"> Define each one Label the continuum with atleast 3 aerobic and 3 anaerobic sporting examples. State and justify who would win out of Mo Farah and Usain Bolt if the Olympics invented a 600m race. You must include both anerobic and aerobic endurance in your answer.
3 Week beginning 20th May	Components of Fitness and Fitness Testing	Components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Fitness tests for different components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	<p>Make revision cards on the different components of fitness. On each one you must include;</p> <ul style="list-style-type: none"> Definition Give a sporting example of the component being used State a professional performer who exhibits excellent ability in that component of fitness State the relevant fitness test for each component of fitness

<p style="text-align: center;">4 Week beginning 27th May</p>	<p>Methods/Types of Training in Sport</p>	<p>Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	<p>Make revision cards on the different types of training. On each one you must include;</p> <ul style="list-style-type: none"> - Description - Give a sporting example of athletes who would use that type of training and why? - For each type of training give 2 positives and 2 negatives.
<p style="text-align: center;">5 Week beginning 3rd June</p>	<p>Classification of Skills</p>	<p>Classification of movement skills in sport - Classification of skill - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	<ul style="list-style-type: none"> • Define Skill • Define Ability • Create the 4 skill continuums and give 2 sporting examples for each type of skill (basic v complex, self-paced v externally paced, open v closed, gross v fine)
<p style="text-align: center;">Week Beginning 10th June</p>	<p>Arousal and Guidance in Sport</p>	<p>Arousal - the inverted 'U' theory - Mental preparation - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p> <p>Coaching through visual guidance - Performance guidance in sport - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	<ul style="list-style-type: none"> - Draw and explain the Inverted U Theory in Relation to Sport (include examples). - List and describe different types of guidance in sport. State whether they are more suited for a beginner or elite performer and why?