

6 Week revision plan – GCSE PE

Wk	Content	Resources	Task
1	-Muscle Action -Joint Action	Types of muscle contraction - Muscular system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Antagonistic muscle pairs - Muscular system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Types of joint movement - Skeletal system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	Choose 3 sporting skills and explain the muscle action and joint action that occurs Can you think of an example that uses Eccentric muscle action
2	-Training Zones -Aerobic v Anaerobic -EPOC -SPORT & FITT	Training thresholds and working intensity - Principles of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize The anaerobic respiratory system during exercise - Aerobic and anaerobic exercise - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	Calculate your own training zones How often would you need to train to improve aerobic fitness (SPORT and FITT) Produce flash cards relating to EPOC
3	-Lever Systems -Reliability and Validity of fitness tests	First, second and third class levers - Movement analysis in sport - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize GCSE PE- Levers and Mechanical Advantage (youtube.com) Fitness Testing Limitations - GCSE PE (youtube.com)	Draw the 3 lever systems and give a sporting example for each Watch the video and list the ways that affect the reliability and validity of fitness tests
4	-Structure of Arteries, Veins, Capillaries -Redistribution of blood flow	Blood Vessels - Physical Education: AQA GCSE (senecalearning.com) Blood Redistribution, Vasodilation and Vasoconstriction (youtube.com)	Create a table that shows the similarities and differences between arteries, veins and capillaries. Explain why vasoconstriction and vasodilation are important
5	-Skill continuums -Information processing model	Information processing model - Performance feedback in sport - Eduqas - GCSE Physical	Be confident drawing the IP model from memory.

		Education Revision - Eduqas - BBC Bitesize Skill Continuums (youtube.com)	<p>Draw out the different continuums and allocate 4 sporting skills along them</p>
6	<p>-SMART targets</p> <p>-Stress management techniques</p>	SMART targets and useful examples - Target setting - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Breathing control and self talk - Mental preparation - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	<p>Set a SMART target for sports person of your choice.</p> <p>Give examples of how 2 stress management techniques could help you in your sport.</p>