

YEAR 10 GCSE PE Unit 1 Overview

You will learn about:

Paper 1 - The human body and movement in Physical Activity and Sport

Applied Anatomy and Physiology

You will be able to:

- Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Analyse and evaluate factors that underpin performance and involvement in physical activity and sport
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<p>Lesson Overview</p> <ul style="list-style-type: none"> • Bones and the functions of the skeleton. • Structure of the skeletal system/functions of the skeleton. • Muscles of the body. • Structure of a synovial joint. • Types of freely moveable joints that allow different movements. • How joints differ in design to allow certain types of movement. • How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints. 	<p>Command Words See Sheet Stuck in front of book</p> <p>Unit Specific Words</p> <p>Musculoskeletal – describes the muscular and skeletal system working together.</p> <p>Articulating bones – bones that meet at a joint to enable movement.</p> <p>Synovial joint – an area of the body where two or more articulating bones meet.</p> <p>Extension – increase the angle of bones at a joint</p> <p>Flexion-decrease the angle of bones at a joint</p> <p>Abduction -movement of the bone away from the mid line</p> <p>Rotation – circular movement around a joint</p> <p>Plantar flexion- movement at the ankle that points the toes</p> <p>Dorsi Flexion - movement at the ankle that flexes the foot upwards</p> <p>Tendon – connective tissue that attaches muscle to bone</p> <p>Ligament - connective tissue that attaches bone to bone</p> <p>Prime Mover (agonist) – the muscle or group of muscles that contracts to create movement</p> <p>Antagonist – the muscle or group of muscles that relax to allow movement to take place</p>														
<p>Suggested reading or support available</p> <table border="1" data-bbox="209 1666 708 2092"> <tr> <td>Research</td> <td></td> </tr> <tr> <td>Note-making</td> <td></td> </tr> <tr> <td>Group work & discussion</td> <td></td> </tr> <tr> <td>Memorisation</td> <td></td> </tr> <tr> <td>Precision & accuracy</td> <td></td> </tr> <tr> <td>Independence</td> <td></td> </tr> <tr> <td>Reflection</td> <td></td> </tr> </table>	Research		Note-making		Group work & discussion		Memorisation		Precision & accuracy		Independence		Reflection		<p>Cross curricular</p> <p>SMSC: Cultural aspect of different sports Working together Respecting other views Olympic Values Etiquette</p> <p>Literacy: Key Words Giving Feedback to others</p> <p>Numeracy: Measurements, distances, times, bearing</p>
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