

YEAR 11 GCSE PE Unit 4 Continued and Unit 5 Overview

You will learn about:

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

Training and Movement Analysis

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

<p>Lesson Overview</p> <ul style="list-style-type: none"> • Principles and application of training and overload • Calculating intensity • Considerations to prevent injury • High altitude training Warming up and cooling down • Analysis and evaluation task. • First, second and third class levers. • Mechanical advantage. • Analysis of basic movements in sporting examples. • Planes and axes. <table border="1" data-bbox="209 1144 707 1576"> <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>Command Words See Sheet Stuck in front of book</p> <p>Unit Specific Words</p> <p>Lever – a ridged bar that turns about an axis to create movement.</p> <p>Fulcrum – a fixed point at which a lever turns or is supported. It can also be referred to as the axis</p> <p>Load – the weight or resistance that the lever must move</p> <p>Effort – the force required to move the load. It can also be referred to as the force.</p> <p>Load Arm – the distance from the load to fulcrum</p> <p>Effort Arm – the distance from the effort to fulcrum</p> <p>Mechanical advantage – measures the efficiency of a lever.</p> <p>Plane – an imaginary line that splits the body in two</p> <p>Frontal Plane – runs left to right and divides the body into two halves</p> <p>Transverse plane – divides the body in half horizontally</p> <p>Sagittal Plane – runs forwards and backwards and divides the body into left and right halves</p> <p>Axis – imaginary straight line through the body around which it rotates</p> <p>Sagittal axis – runs horizontally from front to back through the belly button</p> <p>Transverse axis – runs horizontally through the body from left to right at the hips.</p> <p>Longitudinal axis runs vertically through the body, from head to toe.</p>
Research															
Note-making															
Group work & discussion															
Memorisation															
Precision & accuracy															
Independence															
Reflection															
<p>Suggested reading or support available</p>	<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>														