

YEAR 10 GCSE PE Unit 4 Overview – Preparation Unit for NEA Coursework

Analysis and evaluation of performance to bring about improvement in one activity.

You will learn about:

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"> • The relationship between Health and Fitness • Components of fitness • Linking sporting activities to components of fitness • Fitness Testing • Measuring the components of fitness and collecting data • Principles and application of training and overload • Types of training • Calculating intensity • Considerations to prevent injury • High altitude training • Warming up and cooling down • Analysis and evaluation task 	<p>Unit Specific Words:</p> <p>Health – a state of complete physical, mental and social wellbeing not merely the absence of disease or infirmity</p> <p>Fitness – the ability to meet or cope with the demands of the environment</p> <p>Fatigue – is a feeling of extreme tiredness due to the build-up of lactic acid in the muscles</p> <p>Principles of training – guidelines that if applied ensure training is effective and results in positive adaptations</p> <p>Training thresholds – the upper and lower boundaries of the aerobic and anaerobic training zones.</p> <p>Repetitions – the number of times an individual activity is performed</p> <p>Sets - a group of repetitions</p> <p>DOMS – delayed Onset Muscle Soreness. The pain you feel in the muscles the day after you exercise</p>
<p>Suggested reading or support available :</p> <p>AQA Text Book Revision Guide GCSE Bitesize Showbie</p>	<p>Cross curricular SMSC:</p> <p>Cultural aspect of different sports Working together Respecting other views Olympic Values Etiquette</p> <p>Literacy:</p> <p>Key Words Giving Feedback to others</p> <p>Numeracy:</p> <p>Measurements, distances, times, bearing</p>