



The Elton High School Physical Education Journey

AQA GCSE Physical Education Paper 1- Year 10

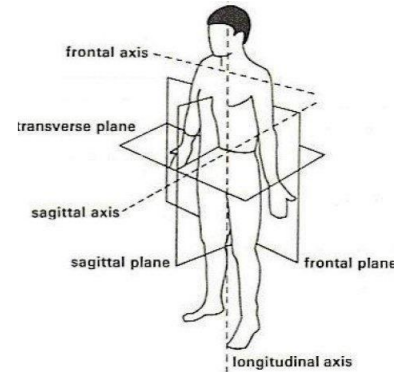
1 Practical
2 Theory
LESSONS A
WEEK



Paper 1 Mock Exam– End of Year internal mock exam and review.

Movement Analysis

Levers, mechanical advantage, planes and axis. Analysis of basic movement



Athletic Assessments:

Take place at Bury Market Street Track.



Summer Term

NEA – Analysis and Evaluation Written Coursework

Fitness and skill self-analysis. Design a training programme. Impact of other factors on performance.

Physical Training

Health and fitness, components of fitness, fitness testing, principles of training, types of training, calculating intensity, injury prevention, altitude training, seasonal aspects, warm-ups and cool-downs.

Spring Term

Team and Individual assessments will take place throughout the year as part of the NEA for the practical component. Candidates will need 3 practical marks in total and must be from both team and individual sports.

Cardiorespiratory:

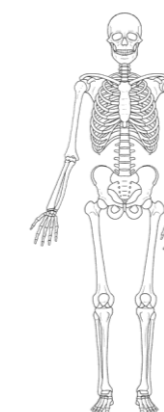
Pathway of oxygen, blood vessels, structure of the heart, cardiac cycle, cardiac output, stroke volume.

Mechanics of breathing, spirometry, aerobic and anaerobic, recovery, EPOC, short- and long-term effects of exercise.



Autumn Term

Movement: Bones, function of the skeleton, skeletal system, muscles, muscular system, antagonistic pairs, synovial joints, joint design and types of movement.



**Ready
Respectful
Safe**

Your Physical Education Journey starts here ...