

Brockington College

GCSE PE

Personal Learning Checklist



<u>Topic</u>	<u>RAG Rate</u>	<u>Further Help?</u>
<u>Paper 1</u>		
I can locate major bones are		
I know the functions of skeleton and can understand and apply examples		
I know the following hinge joints and their structure: knee – articulating bones – femur, tibia Elbow – articulating bones – humerus, radius, ulna		
I know the following ball and socket joints: Shoulder – articulating bones – humerus, scapula hip – articulating bones – pelvis, femur.		
I know what the different the types of bones are		
I can explain the type of movements allowed within any joint.		
I know the roles of ligaments, cartilage and tendons.		
I can say where the location of major muscles are		
I can say what the roles of muscle in movement are and I know the roles of agonist, antagonist and fixator		
I know the three classes of lever and their use in physical activity and sport and I know the definition of mechanical advantage		
I know the location of the planes of movement in the body and their application to physical activity and sport: - frontal, transverse and sagittal		
I know the location of the axes of rotation in the body and their application to physical activity and sport: frontal, transverse and longitudinal		
I know what the double-circulatory system is (systemic and pulmonary)		
I know the different types of blood vessel: arteries, capillaries and veins		
I understand the pathway of blood through the heart: atria, ventricles, bicuspid, tricuspid and semilunar valves, septum and major blood vessels: aorta, pulmonary artery, vena cava, pulmonary vein		

I know the definitions of: heart rate, stroke volume, cardiac output and know the role of red blood cells.		
I understand the pathway of air through the respiratory system: mouth, nose, trachea, bronchi, bronchiole, alveoli		
I know the role of respiratory muscles in breathing: diaphragm, intercostals		
I know the definitions of: breathing rate, tidal volume, minute ventilation and understand about alveoli as the site of gas exchange.		
I know the definitions of aerobic exercise and anaerobic exercise and am able to apply practical examples.		
I understand the short-term effects of exercise on muscle temperature, heart rate, stroke volume, cardiac output, redistribution of blood flow during exercise, respiratory rate, tidal volume, minute ventilation, oxygen to the working muscles, lactic acid production		
I can understand the long-term effects and apply the effects to examples from physical activity/ and I can collect and use data relating to long-term effects of exercise.		
I can say what the components of fitness are: - cardiovascular endurance/stamina, muscular endurance, speed, strength, power, flexibility, agility, balance, co ordination, reaction time		
I know the following definitions of principles of training and can apply them to personal exercise/training programmes: specificity, overload, progression and reversibility.		
I can explain the definition of the elements of FITT (Frequency, Intensity, Time, Type) and can apply these elements to personal exercise/training programmes		
I know different types of training and can give definitions and examples.		
I understand the key components of a warm up and can apply examples.		
I know the physical benefits of a warm up and a cool down.		
I understand how the risk of injury in physical activity and sport can be minimised and can apply examples		
I know potential hazards in a range of physical activities and sport settings and can apply examples		
<u>Paper 2</u>		
I am familiar with current trends in participation in physical activity and sport		
I understand how different factors can affect participation and strategies which can be used to improve participation		
I understand the influence of the media on the commercialisation of physical activity and sport.		
I know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle)		

I understand the influence of sponsorship on the commercialisation of physical activity and sport		
I know and understand the value of sportsmanship, the reasons for gamesmanship and deviance in sport and apply practical examples to these concepts.		
I know and understand the reasons why sports performers use drugs and can recall the types of drugs and their effect on performance. I can give practical examples of the use of these drugs in sport and know and understand the impact of drug use in sport.		
I know and understand the reasons for player violence and can give practical examples of violence in sport.		
I know the definition of motor skills and can apply examples of the characteristics of skilful movement		
I know the continua used in the classification of skills and apply practical examples of skills for each continuum along with justification of their placement on both continua.		
I understand and can apply examples of the use of goal setting using the SMART principle of goal setting with practical examples		
I know mental preparation techniques and can apply practical examples to their use		
I understand types of guidance, their advantages and disadvantages, and can apply practical examples to their use.		
I understand types of feedback and can apply practical examples to their use		
I know what is meant by health, fitness and well-being, understanding the different health benefits of physical activity and consequences of a sedentary lifestyle and I am able to apply this to different age groups		
I know the definition and components of a balanced diet		
I understand the effect of diet and hydration on energy use in physical activity		
I can apply practical examples from physical activity and sport to diet and hydration.		