

Year 10 Checklist

Subject: GCSE PE		Paper: 1	Duration: 60 minutes
What to revise		Where is the information?	
1	<p>Components of Fitness and Fitness Tests Define the components of fitness, apply practical examples to sport and know how to perform the fitness tests</p> <ul style="list-style-type: none"> ● Cardiovascular endurance <ul style="list-style-type: none"> - 12-minute cooper run - Multi stage fitness test ● Muscular endurance <ul style="list-style-type: none"> - Press up test - Sit up test ● Speed <ul style="list-style-type: none"> - 30m sprint test ● Strength <ul style="list-style-type: none"> - Grip strength dynamometer test - 1 rep max ● Power <ul style="list-style-type: none"> - Standing vertical jump test - Standing long jump test ● Flexibility <ul style="list-style-type: none"> - Sit and reach test ● Agility <ul style="list-style-type: none"> - Illinois agility test ● Balance <ul style="list-style-type: none"> - Standing stork test ● Co-ordination <ul style="list-style-type: none"> - Wall throw test ● Reaction time <ul style="list-style-type: none"> - Ruler drop test 	<p>The Everlearner Training work booklet https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2 https://quizlet.com/gb/866441888/ocr-gcse-pe-components-of-fitness-flash-cards/ https://quizlet.com/gb/866442247/ocr-gcse-pe-fitness-tests-flash-cards/?i=31euqo&x=1jqt</p>	
2	<p>Principles of Training Define the principles and apply them to a training programme</p> <ul style="list-style-type: none"> ● Specificity ● Progression ● Overload ● Reversibility 	<p>The Everlearner Training work booklet https://www.bbc.co.uk/bitesize/guides/zpfpv4j/revision/1 https://quizlet.com/gb/768913824/ocr-gcse-pe-principles-of-training-flash-cards/?i=31euqo&x=1jqt</p>	



	<p>Define the elements of FITT and apply them to a training programme</p> <ul style="list-style-type: none"> • Frequency • Intensity • Time • Type 	
3	<p>Methods of Training Know the different types of training and examples of them</p> <ul style="list-style-type: none"> • Continuous • Fartlek • Interval • Circuit • Weight • Plyometrics • HIIT 	<p>The Everlearner Training work booklet https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2</p>
4	<p>Goal Setting Know and understand the reason why people use goal setting</p> <p>Understand the SMART principle with examples, and apply it to improve performance</p> <ul style="list-style-type: none"> • Specific • Measurable • Achievable • Recorded • Time bound 	<p>The Everlearner Training work booklet https://www.bbc.co.uk/bitesize/guides/zq4gk7h/revision/2</p>
5	<p>Sports Participation Understand how different factors can affect participation</p> <ul style="list-style-type: none"> • Age • Gender • Ethnicity • Religion/culture • Family • Education • Time/work commitments • Cost/disposable income • Disability • Opportunity/access • Discrimination • Environment/climate • Media coverage • Role models 	<p>The Everlearner Participation work booklet https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/1</p>
6	<p>Trends Be familiar with current trends in physical activity in sport</p> <ul style="list-style-type: none"> • Of different social social groups 	<p>The Everlearner Participation work booklet https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/7</p>



	<ul style="list-style-type: none"> In different physical activities and sports 	
7	<p>Agencies and Initiatives Understand strategies which can be used to improve participation</p> <ul style="list-style-type: none"> Promotion Provision Access 	<p>The Everlearner Participation work booklet https://www.bbc.co.uk/bitesize/guides/zy62hv4/revision/6</p>
8	<p>Commercialisation Understand the influence of the media on the commercialisation on physical activity and sport</p> <p>Different types of media</p> <ul style="list-style-type: none"> Social media Internet TV Newspapers/magazines <p>Know the meaning of commercialisation, including sport, sponsorship, and media (the golden triangle)</p> <p>Positive and negative effects of the media on commercialisation</p> <p>Understand the influence of sponsorship on commercialisation</p> <p>Positive and negative effects of sponsorship on commercialisation</p>	<p>The Everlearner Participation work booklet https://www.bbc.co.uk/bitesize/guides/zsx7tyc/revision/1</p>
9	<p>Minimising Risks Know how to minimise the risk of injury in physical activity and sport with examples</p> <ul style="list-style-type: none"> Personal protective equipment Correct clothing/footwear Appropriate level of competition Lifting and carrying equipment safely Warm up and cool down 	<p>The Everlearner Preventing injury work booklet https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/2</p>
10	<p>Risks and Hazards Know potential hazards in a range of physical activity and sport settings and apply examples</p> <ul style="list-style-type: none"> Sports hall Fitness centre Playing field Artificial outdoor areas Swimming pool 	<p>The Everlearner Preventing injury work booklet https://www.bbc.co.uk/bitesize/guides/ztkcdmn/revision/3</p>
11	<p>Warm up and Cool down</p>	<p>The Everlearner Preventing injury work booklet</p>



	<p>Understand the key components of a warm up and apply examples</p> <ul style="list-style-type: none"> • Pulse raiser • Mobility • Stretching • Dynamic movements • Skill rehearsal <p>Know the physical benefits of a warm up</p> <p>Understand the key components of a cool down and apply examples</p> <ul style="list-style-type: none"> • Low intensity exercise • Stretching <p>Know the physical benefits of a cool down</p>	<p>https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1</p>
<p>12</p>	<p><u>Skeleton and Joints</u></p> <p>Know the name and location of the major bones in the body</p> <p>Understand and apply examples to the functions of the skeleton</p> <ul style="list-style-type: none"> • Support • Posture • Protection • Movement • Blood cell production • Storage of minerals <p>Know the definition of a synovial joint</p> <p>Know the different types of synovial joints, examples and articulating bones</p> <ul style="list-style-type: none"> • Ball and socket • Hinge <p>Know the different types of movements, the types of joints that produce them and examples</p> <ul style="list-style-type: none"> • Flexion • Extension • Adduction • Abduction • Circumduction • Rotation <p>Know the roles of the components of a joint</p>	<p>The Everlearner Movement work booklet</p> <p>https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/1 https://quizlet.com/gb/762014133/ocr-gcse-pe-functions-of-the-skeletal-system-flash-cards/?i=31euqo&x=1jqt https://quizlet.com/gb/766519996/ocr-gcse-pe-types-of-movement-flash-cards/?i=31euqo&x=1jqt</p>

13	<p>Muscles</p> <p>Know the name and location of the major muscles of the body</p> <p>Know the roles that muscles play in movement with sporting examples</p> <ul style="list-style-type: none"> • Agonist • Antagonist • Fixator 	<p>The Everlearner Movement work booklet https://www.bbc.co.uk/bitesize/guides/zct2hv4/revision/1 https://quizlet.com/gb/783158550/ocr-gcse-pe-muscular-system-flash-cards/?i=31euqo&x=1jqt</p>
14	<p>Levers</p> <p>Know the three classes of lever in sport, draw and label them correctly and apply to practical examples</p> <p>Know the definition of mechanical advantage</p>	<p>The Everlearner Movement work booklet https://www.bbc.co.uk/bitesize/guides/z24b9qt/revision/1 https://quizlet.com/gb/672784598/ocr-gcse-pe-lever-systems-flash-cards/?i=31euqo&x=1jqt</p>
15	<p>Planes and Axes</p> <p>Know the location of the planes of movement and apply them to sporting movements</p> <ul style="list-style-type: none"> • Frontal • Transverse • Sagittal <p>Know the location of the axes of rotation and apply them to sporting examples</p> <ul style="list-style-type: none"> • Frontal • Transverse • Longitudinal 	<p>The Everlearner Body systems work booklet https://www.bbc.co.uk/bitesize/guides/z24b9qt/revision/3 https://quizlet.com/gb/693051486/ocr-gcse-pe-planes-and-axes-flash-cards/?i=31euqo&x=1jqt</p>
16	<p>Cardiovascular System</p> <p>Know the double-circulatory system</p> <p>Know the different types of blood vessels, including their structure and function</p> <ul style="list-style-type: none"> • Arteries • Veins • Capillaries <p>Label the key structures of the heart and understand the pathway of blood through it</p> <p>Know the definitions of the cardiac values</p> <ul style="list-style-type: none"> • Heart rate • Stroke volume • Cardiac output <p>Know the role of red blood cells</p>	<p>The Everlearner Body systems work booklet https://www.bbc.co.uk/bitesize/guides/zwvn39q/revision/1</p>