

## 20 things YOU can do to ensure success in GCSE PE

<p><b>Skeletal System</b>            Explain the functions of the skeleton with sporting examples..            Can you list all major bones?            What does the term synovial joint mean and can you identify them in the body?            What types of movement are available at a hinge and ball and socket joint?            What is the difference between cartilage, tendons and ligaments?</p>	<p><b>Muscular System</b>            Can you identify all the major muscles in the body?            Which one work together to make an antagonistic pair?            What is the difference between the agonist (prime mover) and antagonist?            What is origin?            What is a fixator?            What are the main functions of all the major muscles?</p>	<p><b>Movement analysis (Lever Systems)</b>            What is the definition of mechanical advantage?            What is mechanical disadvantage?            What 3 classes of lever are there and where in the body is each located?            Can you give a sporting example of each lever system being used?            Can you draw out a diagram for all 3 lever systems with the fulcrum, effort and load in the correct place?</p>	<p><b>Movement analysis (Planes of movement and axes of rotation)</b>            What are the 3 planes of movement?            Can you draw them on a matchstick man?            What are the 3 axes of rotation?            Can you draw them on a matchstick man?            Can you give a sporting example for each plane of movement?            Can you give a sporting example for each axis of rotation?            What types of movement are available in each plane of movement?</p>	<p><b>Health, Fitness and wellbeing</b>            Define the following 'health, fitness', wellbeing and sedentary'.            What are the physical benefits of exercise?            What are the emotional benefits of exercise?            What are the social benefits of exercise?            List the 7 nutrients in a healthy diet            What is the role of each nutrient?            Which sports performers would benefit from a diet rich in protein, fats or carbohydrates and why?            Why is it important to remain hydrated?            What factors do sports performers need to consider around nutrition?</p>
<p><b>The Cardiovascular System</b>            Draw a diagram of the double circulatory system            Describe the pulmonary system            What is the systemic system?            What is the role of red blood cells?            What are the roles of arteries, veins and capillaries?            Do you know the pathway of blood?            Can you name all the valves?            What is meant by heart rate, stroke volume and cardiac output?</p>	<p><b>The Respiratory System</b>            What is the pathway of air through the respiratory system?            What is the process of gaseous exchange?            Describe inspiration and expiration            Define tidal volume            Define minute ventilation            What is the difference between aerobic and anaerobic exercise and can you give sporting examples of each?</p>	<p><b>The effects of exercise on the body</b>            What are the short term effects on the muscles, respiratory system and cardiovascular system?            What are the long term effects on the muscular, cardiovascular and respiratory system?</p>	<p><b>Components of fitness &amp; principles of training and type of training</b>            Can you name all 10 components of fitness?            Can you name all 10 tests for the components of fitness?            Can you define all 10 components of fitness e.g 'agility is the ability to...'            What does SPOR stand for?            What does FITT stand for?            Can you list the 7 types of training and give an example for each?            What are the benefits of warming up and cooling down?</p>	<p><b>Preventing physical injury in sport</b>            What does PPE stand for and can you give 3 examples in 3 sports?            What are some common injuries found in sports and how might you treat them?            What is the difference between a hazard and a risk?            How can you minimise risk or hazards in a fitness suite?</p>

<p><b>Trends in participation</b></p> <p>What are the age groups and trends in the UK?</p> <p>What are the most popular sports among adults in the UK?</p> <p>How is participation effected by: Age, gender, disability and ethnicity?</p> <p>What are the main factors effecting participation in physical activity?</p> <p>What reason do people have to get involved in sport?</p> <p>Can you list the public and private agencies who aim to improve participation?</p>	<p><b>Commercialisation of sport</b></p> <p>What are the 5 types of media used to commercialise sport?</p> <p>Can you draw the 'golden triangle'?</p> <p>Why do businesses give sponsorship?</p> <p>What are the positive and negative effects of sponsorship on commercialisation of sport in the uk?</p>	<p><b>Ethics in Sport</b></p> <p>What are the definitions of sportsmanship, gamesmanship, deviance and violence?</p> <p>Give an example of each.</p> <p>What are 3 types of PED's that sports people use?</p> <p>What are the positive and negative effects of each drug?</p> <p>What are the reasons for gamesmanship, deviance and violence in sport?</p>	<p><b>Sports psychology</b></p> <p>What is meant by skilful movement?</p> <p>What are the 5 main characteristics of skilful movement?</p> <p>Draw an example of an environmental continuum and difficulty continuum</p> <p>Can you place a skill for your sport on each and justify why?</p>	<p><b>Goal Setting, mental preparation and types of feedback</b></p> <p>What does SMART stand for?</p> <p>How does setting goals benefit a performer?</p> <p>What are the main reasons for not achieving goals?</p> <p>Describe the 4 main mental preparation techniques and give a sporting example for each.</p> <p>What are the 4 types of guidance? Can you give a sporting example for each?</p> <p>What are the types of feedback? Using sporting examples explain how extrinsic feedback can be effective.</p> <p>Explain the advantages and disadvantages of manual and mechanical guidance.</p> <p>Which types of feedback can be used to motivate sports performers?</p>
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