

Physical Education Year 10 AQA Cycle 1: Movement analysis Students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.		Name:	Target Grade
		Grade currently working at: _____ SBE / BE / E / AE / SBE	
Learners will be expected to know and understand: 3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement: <ul style="list-style-type: none"> <input type="checkbox"/> Identification of first, second and third class lever systems. <input type="checkbox"/> Basic drawings of the three classes of lever to illustrate the positioning of the fulcrum, load (resistance) and effort. <input type="checkbox"/> Label the effort arm and load/resistance arm on the three classes of lever. <input type="checkbox"/> Mechanical advantage = effort arm ÷ weight (resistance) arm. <input type="checkbox"/> Labelling of the effort arm and resistance arm on lever drawings, and interpretation of the mechanical advantage of that lever. <input type="checkbox"/> Types of movement: flexion/extension at the shoulder, elbow, hip and knee abduction/adduction at the shoulder rotation of the shoulder circumduction of the shoulder plantar flexion/dorsiflexion at the ankle. 3.1.2.2 Planes and axes of movement: <ul style="list-style-type: none"> <input type="checkbox"/> Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing sporting actions. For example front somersault/forward roll/running action, 360° twist (ice skating spin)/discus thrower rotating in circle effort and cartwheel 		8-9 I can analyse and evaluate the first, second and third class lever systems. I can analyse and evaluate the different types of movement at the joints. I can analyse and evaluate the planes and axes of movement while performing a sporting action.	
		6-7 I can apply and explain the first, second and third class lever systems I can apply and explain mechanical advantage. I can apply and explain the different types of movement at the joints. I can apply and explain the planes and axes of movement while performing a sporting action.	
		4-5 I can demonstrate knowledge of the first, second and third class lever systems. I can Basic drawings of the three classes of lever to illustrate the positioning of the fulcrum, load (resistance) and effort. I can Label the effort arm and load/resistance arm on the three classes of lever. I can demonstrate knowledge of different types of movement at the joints. I can demonstrate knowledge of the planes and axes of movement while performing a sporting action.	
Key Words: First class lever, second class lever, third class lever, fulcrum, load arm, effort arm, mechanical advantage, flexion, extension, abduction, adduction at the shoulder, rotation, dorsiflexion, plantar flexion, knee joint, ankle joint, hip joint, shoulder joint, elbow joint, frontal plane, transverse plane, sagittal plane, longitudinal axis, transverse axis, sagittal axis	Numeracy : Mechanical advantage = effort arm ÷ weight (resistance) arm	Careers: Physical therapist, osteopath, chiropractor, personal trainer, sports coach, strength and conditioning coach and massage therapist	
End Cycle Assessment Student will complete an end of cycle exam on movement analysis.		Exam Technique RDPA-Read, Decode, Plan, Answer PEE- Point-explanation-Evidence	
What Went Well (WWW):		Even Better If (EBI):	
Teacher's Comment:			