

Physical Education Year 11 AQA Cycle 2: Revision. Students will revisit their knowledge and understanding of the Movement analysis, Types of training, Performance enhancing drugs and commercialisation through the following content.		Name:	Target Grade
		Grade currently working at:	
Learners will be expected to know and understand: 1. MOVEMENT ANALYSIS Explain 1st, 2nd and 3rd class levers, linking to sporting examples Mechanical advantage of a lever Sagittal, frontal, transverse planes Sagittal, transverse and longitudinal axis Able to link axis and planes to sporting examples 2. TYPES OF TRAINING Circuit training, continuous training, fartlek training, interval training, weight training, plyometric training Be able to explain the types of training, linking to a component of fitness. 3. DRUGS Blood doping, beta blockers, stimulants, narcotic analgesics, anabolic agents, diuretics, peptide hormones Be able to explain the advantages and disadvantages of each PED on sporting performance Understand which PED's benefit which type of sports performer Assess the pros and cons of PED's on sport 4. COMMERCIALISATION Define commercialisation and identify the key parts; sponsorship, media, sport Understand how the 3 parts work together to make them all successful Advantages and disadvantages of commercialisation in sport, linking to the performer, spectators, officials and the sport/company		8-9 I can competently identify the 3 different lever systems linking to sporting examples. I am able to assess the mechanical advantage of these levers. I am able to analyse planes and axes, analysing which sports match these movements. I am able to explain all training methods and able to evaluate which sports will benefit from each training method. I can explain each PED assessing the advantages and disadvantages of them. I can analyse the impact these PED's have on the wider environment. I can evaluate the advantages and disadvantages of commercialisation in sport.	
		6-7 I can identify the 3 different lever systems linking to sporting examples. I am able to explain what mechanical advantage is. I am able to explain planes and axes, sometimes linking which sports match these movements. I am able to explain all training methods and link which sports will benefit from each training method. I can explain each PED, identifying some advantages and disadvantages of them. I can explain impact these PED's have on the wider environment. I can explain some of the advantages and disadvantages of commercialisation in sport.	
		4-5 I can state the 3 different lever systems sometimes linking to sporting examples. I am able to describe planes and axes, sometimes linking which sports match these movements. I am able to describe all training methods and link which sports will benefit from each training method. I can describe most PED's. I can describe the impact these PED's have on the wider environment. I can outline some of the advantages and disadvantages of commercialisation in sport	
Key Words: SAGITTAL PLANE/AXIS, TRANSVERSE PLANE/AXIS, FRONTAL PLANE, LONGITUDINAL AXIS, PED'S, SPONSORSHIP, MEDIA, COMMERCIALISATION	Numeracy : Mechanical advantage	Careers: Biomechanist, performance analysis, personal trainer, fitness instructor, strength and conditioning coach, sports journalist (tv, radio, social media, newspapers)	
End Cycle Assessment		Exam Technique Read, Decode, Plan, Answer Plan: PEE	
What Went Well (WWW)		Even Better If EBI	
Teacher comment;			