

Physical Education Year 11 AQA Cycle 3: Revision. Students will revisit their knowledge and understanding of the joints and bones, muscles, respiratory system, cardiovascular system and the long and short term effects of exercise on the body through the following content.		Name:	Target Grade
		Grade currently working at:	
Learners will be expected to know and understand: Freely moveable joints – Types of joints - ball and socket, condyloid, hinge, pivot Movements around a joint – Flexion, extension, plantar flexion, dorsi flexion, adduction, abduction, rotation, hip flexion, etc Location of muscles Antagonistic muscles – Bicep/tricep, hamstring/quadriceps, gastrocnemius/tibialis anterior, hip flexors/gluteals, Muscle fibre types – Type I, Type IIa, Type IIx Muscle Contractions – Concentric, Eccentric and Isometric Respiratory system – Gas exchange, EPOC, mechanics of breathing (diaphragm, intercostal muscles), changes to breathing during exercise, Tidal Volume, Residual volume Cardiovascular system – Blood Vessels, redistribution of blood, structure and location of parts of the heart, stroke volume, cardiac output, HR Short term and long term effects of exercise – Breathing rate increases, heart rate increases, cardiac hypertrophy, fatigue, sweat, increase temperature, aching muscles, cramp, DOMS, lower resting heart rate, body shape may change		8-9 I am able to identify all muscles, bones, parts of the cardiovascular system making links to sporting activities. I am able to analyse antagonistic muscles in specific sporting movements. I can evaluate muscle fibre types used in a variety of sporting activities. I can analyse the short and long term changes to the cardiovascular system as a result of exercise.	
		6-7 I am able to identify all muscles, bones, parts of the cardiovascular system making some links to sporting activities. I am able to explain antagonistic muscles in specific sporting movements. I can state muscle fibre types used in a variety of sporting activities. I can explain some of the short and long term changes to the cardiovascular system as a result of exercise.	
		4-5 I am able to identify some of the muscles, bones, parts of the cardiovascular system. I am able to describe antagonistic muscles in specific sporting movements. I can state the different muscle fibre types. I can describe some of the short and long term changes to the cardiovascular system as a result of exercise.	
Key Words: Flexion, extension, dorsiflexion, plantar flexion, circumduction, adduction, abduction, EPOC, tidal volume, cardiac output, stroke volume, residual volume, vital capacity, gas exchange, concentric, eccentric, isometric, doms	Numeracy : Maximum Heart Rate: 220-age =MHR then can work out training threshold Aerobic 60-80% MHR Anaerobic 80-90% MHR	Careers: Performance analysis, personal trainer, fitness instructor, strength and conditioning coach	
End Cycle Assessment		Exam Technique Read, Decode, Plan, Answer Plan: PEE	
What Went Well (WWW)		Even Better If EBI	
Teacher comment;			