



GCSE Physical Education: Autumn Term 1

Ad Astra

We will be learning about...

During the next seven weeks, we will be studying GCSE Physical Education. We will be focusing on GCSE Physical Education, Paper 1. We will look at exam questions which will allow you to develop an understanding of the exam requirements. The topic we will focus on are below:

We will develop our learning by studying the following each week:

R A G

Lesson 1

Training methods to improve cardiovascular endurance: Continuous training, Fartlek Training, Interval training, HIIT Training
Advantages and disadvantages of each

Lesson 2

Training methods to improve muscular endurance: Circuit training, Interval training, HIIT Training, Weight training
Advantages and disadvantages of each

Lesson 3

Training methods to improve muscular strength and Power: Weight training, Plyometric training
Advantages and disadvantages of each

Lesson 4

Mini Assessment (6 Mark Exam Question)

Characteristics of different training methods
Training methods needed for different sports
Advantages and disadvantages of different training methods

Lesson 5

Feedback and CTG work (Closing the Gap)

By the end of the topic we will be able to: Explain the different types of training methods and how each method allows improvement for each specific fitness of components.

Remember

- Repetitions and Sets
- How training methods can be changed to support different training needs
- How training methods support musco-skeletal and cardio-respiratory adaptations

Apply

- this knowledge to sporting examples.
this knowledge to 6-mark questions.

Evaluate

How each training method can bring about a different physiological adaptation

Key Vocabulary

| | | | | |
|---------------------|---|---------------------------|----------------|--------------------|
| Plyometric Training | Proprioceptive Neuromuscular facilitation | Repetitions | Sets | Fartlek |
| Interval Training | HIIT | Percentage Heart Rate Max | Training zones | Training intensity |