

**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:**

**Week 1 Introduction and Components of fitness**

- To gain an overview of the GCSE PE course.
- To know and understand all components of fitness.

**Week 2 Components of fitness and Fitness Testing**

- To be able to apply all components of fitness to sporting examples.
- To know all of the fitness tests that are used to test the components of fitness.
- To understand how to carry out these fitness tests.
- **Mini Assessment (6 Mark Exam Question)**

**Week 3 Principles of Training**

- **CTG work (Closing the Gap)**
- To know the principles of training.
- To be able to apply the principles of training to sporting examples.
- To know the FITT principles
- To be able to apply the FITT principles to sporting examples.

**Week 4 Warm up and cool down**

- To know the importance of a warm-up.
- To be able to give practical examples of the components of a warm-up.
- To know the importance of a cool down.
- To be able to give practical examples of the components of a cool down.
- **Mini Assessment (6 Mark Exam Question)**

**Week 5 Methods of Training**

- **CTG work (Closing the Gap)**
- To know all methods of training.
- To be able to give practical examples of athletes who will benefit from each method of training.

**Week 6 Assessment**

- **End of unit test**
- **CTG work (Closing the Gap)**

**Week 7 Key Learning**

- **Further CTG work where needed (dependent on outcomes of previous weeks' learning)**

**By the end of the topic we will be able to:**

**Remember**

- The components of fitness and their fitness tests
- The principles of training
- The components of a warm up and cool down
- The methods of training

**Apply**

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

**Evaluate**

- the impact these training adaptations will have on an athlete and their performance.

**Key Vocabulary**

Cardiovascular Endurance	Coordination	Power	Muscular Endurance	Flexibility	Reaction Time	Speed	Agility	Balance
Strength	Pulse Raiser	Skill rehearsal	Dynamic Movements	Mobility	Reversibility	Specificity	Progression	Overload

**GCSE Physical Education: Autumn Term 1**