## AQA GCSE PE REVISION CHECKLIST



Had a look

Almost..

Nailed it

## Use this personal learning checklist to help you with your revision for GCSE PE

The	e Structure and Functions of the Musculoskeletal System	$\overline{\bigcirc}$	20	
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Shalatal Sugtam	I can identify some of the hones at the following legations:			
Skeletal System	-I can identify some of the bones at the following locations: shoulder/elbow/knee/ankle			
	-I can describe how the skeletal system works alongside the muscular			
	system to provide a framework for movement.			
	-I can explain the functions of the skeletal system			
Muscular System	-I can identify most of the main muscles within the body.			
musculal system	-I can explain how the major muscles and muscle groups of the body work			
	antagonistically to produce movement.			
Types of Joints	-I can identify the types of joints at the elbow, knee, shoulder and ankle.			
Types of Johns	-I can explain what type of movement is produced at each type of joint			
	-I can identify the key components of the structure of the synovial joint			
	-I can explain how a synovial joint can help to prevent injury			
The	Structure and functions of the cardio-respiratory system	00		
		<b>99</b>		(B
Pathway of Air	-I can identify the pathway of air. From the Mouth Cavity to the Alveoli			
	-I can explain how the Gaseous Exchange takes place and provide			
	examples that assist in the process			
	- I can explain how the intercostal muscles, rib cage and diaphragm assist			
	in the mechanics of breathing (Inhaling / Exhaling)			
The Heart & the	-I can identify the main four chambers of the heart			
pathway of blood	-I can identify some of the valves in the heart and describe the importance			
	of them			
	-I can explain what diastole and systole is.			
	-I can describe the pathway of the blood and explain how it is converted			
	from deoxygenated blood to oxygenated blood			
Cardiac Output	-I can describe what cardiac output and stroke volume is			
and Stroke Volume	-I know how to work out an individual's Cardiac Output			
	-I can identify where an individual can record their heart rate.			
	-I know how to work out an individual's Maximum Heart Rate			
Interpretation of a	-I can identify different volumes of a spirometer trace			
spirometer trace:	-I can describe how the <i>tidal volume, expiratory reserve volume,</i>			
	inspiratory reserve volume and residual volume may change from rest to			
	exercise	_		
	Aerobic and Anaerobic Exercise	$\mathbf{e}\mathbf{e}$	<b>!</b>	
Aerobic and	-I can define what aerobic respiration is, using the correct equation			
Anaerobic	-I can define what anaerobic respiration is, using the correct equation			
Endurance	-I can link practical sporting examples of sporting situations to aerobic			
	and anaerobic respiration and justify why they are good examples.			
Excess post-	-I can define what Excess Post-exercise Oxygen Consumption (Oxygen			
exercise oxygen	Debt) is			
consumption	-I can explain why Excess Post-exercise Oxygen Consumption (Oxygen			
(Oxygen Debt)	Debt) is caused by Anaerobic Respiration			
	-I can explain the effects of Excess Post-exercise Oxygen Consumption			
	(Oxygen Debt) on the muscles.			
<b>Recovery Process</b>	-I can identify and explain some of the recovery process after vigorous			
	exercise.			
	-I can explain the importance of a cool down, diet, rehydration and			
	massages after vigorous exercise			

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	Short and Long Term Effects of Exercise	$\mathbf{\Theta}\mathbf{\Theta}$	<b>?</b>	
Effects of Exercise	<ul> <li>-I can identify and describe the immediate effects of exercise.</li> <li>-I can identify and describe the short-term effects of exercise.</li> <li>-I can identify and describe the long-term effects of exercise.</li> </ul>			
Lever Systems, exa	mples of their use in activity and the mechanical advantage they provide in movement	$\mathbf{\hat{e}}\mathbf{\hat{e}}$	<b>!</b>	
First, second and third class lever systems	<ul> <li>-I can identify first, second and third class lever systems.</li> <li>-I can complete the basic drawings of the three classes of lever to illustrate the positioning of the <i>fulcrum</i>, <i>load</i> (<i>resistance</i>) and <i>effort</i>.</li> <li>-I can draw linear versions of a lever showing the positioning of the fulcrum, load/resistance and effort.</li> <li>-I can link sporting actions which involve flexion, extension, plantar or dorsi-flexion to the correct lever example.</li> </ul>			
Mechanical Advantage	<ul> <li>-I can label the effort and load/resistance for each lever class.</li> <li>-I can work out the mechanical advantage.</li> <li>-I can label the effort arm and resistance arm on the lever drawings and interpret the mechanical advantage of that lever.</li> </ul>			
Analysis of basic movements in sports.	-I can link each type of movement to a suitable sporting example.			
	Planes and Axes of Movement	$\bigcirc \bigcirc$		
Identification of the relevant planes	<ul> <li>-I can define frontal, transverse and sagittal planes.</li> <li>-I can define longitudinal, transverse and sagittal axes.</li> <li>-I can link the three different planes and axes to sporting actions.</li> </ul>			
The relationship	between health and fitness and the role that exercise plays in both and Components of Fitness			
Health and Fitness	-I can define what health is. -I can define what fitness is. -I can explain the relationship between health and fitness.			
Components of Fitness	-I can identify the components of fitness. -I can link a range of sports and physical activities to the required component of fitness, justifying why they are needed to each sport and activity.			
Fitness Testing	<ul> <li>-I can link each component of fitness to a test procedure that will measure a specific component of fitness.</li> <li>- I can identify the reasons for and limitations of using fitness tests.</li> <li>-I can describe how data is collected to measure progress during fitness tests.</li> <li>-I can explain the difference between quantitative and qualitative data.</li> </ul>			
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Principles of Training	<ul> <li>-I can identify the key principles of SPORT.</li> <li>-I can explain each component of SPORT.</li> <li>-I can identify the key principles of Overload FITT.</li> <li>-I can explain how to use Overload FITT to increase the workload of a training programme to improve fitness.</li> </ul>			
Types of Training	<ul> <li>-I can identify the different types of training methods.</li> <li>-I can identify the advantages and disadvantages of the different training methods.</li> <li>-I can explain the differences between each type of training.</li> <li>-I can link each type of training to a sport and recommend why it would improve an athlete's performance.</li> </ul>			
Physical Training: How to optimise training and prevent injury		$\mathbf{\hat{e}}\mathbf{\hat{e}}$		
Calculating intensities to optimise training effectiveness	<ul> <li>-I can define the training threshold.</li> <li>-I can calculate the aerobic and anaerobic training zone.</li> <li>-I can calculate an individual's Maximum Heart Rate.</li> <li>-I can explain how to increase the intensity of circuit training.</li> <li>-I can explain how many reps and sets should be completed to improve strength/power and muscular endurance.</li> </ul>			

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-I can link appropriate arousal levels to gross and fine skills in sporting				
L dellous.				
-I can link skills to an appropriate arousal level, fully justifying my answer.		-i can mik skins to an appropriate arousal level, fully justifying my answer.		1

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Inverted-U theory	-I can describe what the inverted-U theory is, referring to a graph.			
	-I can draw an inverted-u theory on a graph, appropriately labelling the X			
	and Y axis.			
	-I can explain the relationship between arousal level and performance			
	level, providing sporting examples.			
Arousal and stress	-I know the different stress management techniques.			
management	-I can explain how the different stress management techniques are carried			
	out.			
	-I can analyse how arousal can be controlled before and during a sporting performance.			
Aggression	-I can define what direct and indirect aggression is.			
nggression	-I can fully explain what direct and indirect aggression is and use sporting			
	examples of each type in aggression.			
Personality Types	-I know the two types of personality types in sport.			
	-I can explain the characteristics of the two personality types.			
	-I can provide sporting examples of each personality types.			
Motivation in Sport	-I know the two types of motivation in sport.			
	-I can explain the different characteristics for the two types of motivation.			
	-I can explain appropriate examples of motivation in sport and link it to			
	sporting examples.			
	-I can analyse the advantages and disadvantages of the different types of motivation in sport, justifying my answers.			
Fngageme	ent patterns of different social groups in physical activity and sport	$\frown$		
Liigageille	in patients of different social groups in physical activity and sport	$\mathbf{e}$		68
Social Groupings &	I can degaribe why engagement netterns in physical estimity and an est			
Participation Rates	-I can describe why engagement patterns in physical activity and sport can vary between different social groups.			
I alticipation Nates	-I understand the different factors that contribute to engagement patterns			
	in a variety of social groups.			
	-I can identify the <i>five</i> different social groups.			
	-I can analyse how certain factors can affect engagement patterns of			
	different social groups (E.G. Sexism/Stereotyping and Gender)		_	
Socio-cul	tural influences: Commercialisation of physical activity and sport	66	• •	2
		00		E
Commercialisation	-I can define what commercialisation is.			
	-I can explain the relationship between sport, sponsorship and the media.			
Sponsorship and	-I know the definitions of Sponsorship and Media and can provide			
the Media	examples for each.			
	-I can explain and justify the positive and negative impact of sponsorship			
	and media on the performer, the sport, officials, spectators and advertising companies.			
Technology in	-I can describe how technology is used in sport.			
Sport	-I can explain and justify the positive and negative impacts of technology			
- <b>T</b>	on the performer, the sport, officials, spectators and advertising			
	companies.			
Eth	ical and socio-cultural issues in physical activity and sport			A
Conduct of	-I can define what etiquette, sportsmanship, gamesmanship & contract			
performers	to compete are.			
-	-I can provide sporting examples for all of the above.			
Prohibited	-I can identify the 5 different categories of prohibited substances.			
substances and	-I can explain the positive effects and negative side effects for the			
methods in sport	prohibited substances.			
	-I can explain how blood doping is performed and the side effects of			
Drugs subject to	completing it. -I can explain what Beta Blockers are and explain why performers opt to			
certain restrictions	take them.			
	-I can identify the side effects of Beta Blockers.			
Performance	-I can describe why type of performers would use different types of			
Enhancing Drugs	Performance Enhancing Drugs and provide sporting examples for each			
(PEDs)	Performance Enhancing Drug.			
	-I can explain the advantages and disadvantages for a performer taking			
	Performance Enhancing Drugs.			

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-1 can explain the disadvantages to the sport when performers take         Performance Enhancing Drugs.         Spectator         Behaviour         -1 can identify the positive influences of spectators at sporting events.         -1 can identify the negative influences of spectators at sporting events.         -1 can explain why hooliganism occurs in sport.         -1 can explain who hooliganism can be prevented in sport and evaluate the effectiveness of each strategy.         Health, Pitness and Well-being: Physical, emotional and social health, fitness and well-being and increase one's health, well-being and fitness.         -1 can explain the benefits of regular exercise on our physical health and well-being         -1 can explain the benefits of regular exercise on our increase and well-being         -1 can explain the benefits of regular exercise on our mental health and well-being         -1 can explain the benefits of regular exercise on our fitness.         Health, Fitness and Well-being: The consequences of a sedentary lifestyle         -1 can explain the benefits of regular exercise on our fitness.         Health, Fitness and Well-being: The consequences of a sedentary lifestyle are.         Obesity in Physical       -1 can define what a sedentary lifestyle is.         Sedentary Lifestyle       -1 can explain the besistity can sport.         -1 can explain the besisty can affect performance in physical activity and sport (Physical Mental / Social)         Somatotypes </th <th>Performance Enhancing Drugs.       Image: Consequences of a spectators at sporting events.         Jean identify the negative influences of spectators at sporting events and the impact it can have on the sport.       Image: Consequences of a spectators at sporting events and the impact it can have on the sport.         Jean analyse how hooliganism occurs in sport.       Image: Consequences of a spectators at sport and evaluate the effectiveness of each strategy.         Health, Fitness and Well-being: Physical, emotional and social health, fitness and well-being and Sport       Image: Consequences of a spectators at sport and evaluate the effectiveness of each strategy.         Health, Well-being and Sport       Image: Consequences on each strategy.       Image: Consequences on each strategy.         Health, Well-being and Sport       Image: Consequences on each strategy.       Image: Consequences of a spectators at sport physical health and well-being image: Consequences of a sedentary lifestyle is.         Image: Image: Image: Image: Image: Consequences of a sedentary lifestyle are.       Image: Consequences of a sedentary lifestyle is.         Image: Image:</th> <th></th> <th></th> <th></th> <th></th> <th></th>	Performance Enhancing Drugs.       Image: Consequences of a spectators at sporting events.         Jean identify the negative influences of spectators at sporting events and the impact it can have on the sport.       Image: Consequences of a spectators at sporting events and the impact it can have on the sport.         Jean analyse how hooliganism occurs in sport.       Image: Consequences of a spectators at sport and evaluate the effectiveness of each strategy.         Health, Fitness and Well-being: Physical, emotional and social health, fitness and well-being and Sport       Image: Consequences of a spectators at sport and evaluate the effectiveness of each strategy.         Health, Well-being and Sport       Image: Consequences on each strategy.       Image: Consequences on each strategy.         Health, Well-being and Sport       Image: Consequences on each strategy.       Image: Consequences of a spectators at sport physical health and well-being image: Consequences of a sedentary lifestyle is.         Image: Image: Image: Image: Image: Consequences of a sedentary lifestyle are.       Image: Consequences of a sedentary lifestyle is.         Image:					
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Behaviour       -1 can identify the negative influences of spectators at sporting events and the impact it can have on the sport.       -1 can explain why hooliganism cacurs in sport.         -1 can explain why hooliganism cacurs in sport.       -2 can analyse how hooliganism can be prevented in sport and evaluate the effectivences of each strategy.       Image: Consequences of each strategy.         Health, Well-being and Sport       -1 can describe why participating in sport, physical activity and exercise can increase one's health, well-being and fitness.       -1 can explain the benefits of regular exercise on our physical health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our social health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our social health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our social health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the social for explain the social for explain the specifies of a sedentary lifestyle         -2 can explain the benefits of regular exercise on our social health and well-being       -1 can explain what the possible consequences of a sedentary lifestyle are.         Obesity in Physical       -1 can define what a sedentary lifestyle is.       -2 can explain what the possib	Behaviour       -1 can identify the negative influences of spectators at sporting events and the impact it can have on the sport.       -1 can explain why hooliganism occurs in sport.         -1 can explain why hooliganism can be prevented in sport and evaluate the effectiveness of each strategy.       Image: Consequences of a consequences of a softward events and well-being         Health, Fitness and Well-being: Physical, emotional and social health, fitness and well-being and fitness.       -1 can explain the benefits of regular exercise on our physical health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our social health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our social health and well-being         -1 can explain the benefits of regular exercise on our social health and well-being       -1 can explain the benefits of regular exercise on our fitness.         Health, Fitness and Well-being: The consequences of a sedentary lifestyle       Image: Consequences of a a sequentary lifestyle is.         -1 can explain what the possible consequences of a sedentary lifestyle are.       -1 can explain who besity can affect performance in physical activity and sport ( <i>Physical / Mental / Social</i> )         Somatotypes       -1 know the three types of somatotypes.       -1 know the three types of somatotypes.         -1 can explain what factors can impact on the amount of energy that is       Image: the second conseq					
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