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| My PE ‘PLC’ AQA GCSE Y10 |  |
|  |  **2022** |
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* **Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification**

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class Teacher**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Course Content Year 10. What do I know?** | PagesRevision Guide | R | A | G |
| * **Applied Anatomy and Physiology**
	+ - Bones, skeleton, muscles
		- Synovial joints
		- Movements at a joint
		- Muscles- Agonists- Antagonists pairs
		- Muscle contraction
 | Page 1-14 Revision Guide |   |   |   |
| * **Functions of the cardio-respiratory system**
* Pathway of air, gas exchange, blood vessels,
* Redistribution of blood
* structure of heart, Q=SVxHR
* Spirometer, mechanics of breathing
* Lung volumes
 | Pages 15-22 Revision Guide |   |   |   |
| * **Aerobic and Anaerobic exercise equations and application**
* EPOC
 | Pages 23-25 Revision Guide |   |   |   |
| * Short- and long-term effects of exercise
 | Pages 26-27 Revision Guide |   |   |   |
| * **Movement Analysis**
* Lever systems and mechanical advantage
* 3 class of levers, Analysis of basic movement
 | Pages 28-29 Revision Guide |   |   |   |
| * **Physical Training**
* Components of fitness all 10, Agility-Power and Muscular Endurance
* Reasons for fitness testing limitations
 | Pages 33-46 Revision Guide |   |   |   |
| * **Effective use of a warm up and a cool down**
 | Pages 63-64 Revision Guide |   |   |   |