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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?** | Pages  Revision 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 |  |  |  |