

GCSE Physical Education Learning Journey

Through GCSE Physical Education, pupils come to understand practical performance, health and fitness, training, nutrition and other wide ranging issues from sport and physical activity. Practical assessment takes places in three sports across the two year course

**Year
10**

The structure and functions of the musculoskeletal system

The structure and functions of the cardiorespiratory system

The short and long term effects of exercise

Demonstrate an understanding of how data are collected – both qualitative and quantitative

Anaerobic and aerobic exercise

Sports psychology



**Year
11**

The principles of training and their application to personal exercise/training programmes

Classification of skills (basic/complex, open/closed)

Socio-cultural influences

**A level
Ready!**

Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

Planes and axes of movement

