



PE REVISION PROGRAMME

YEAR 11 2019

WEEK START	TOPIC	REVISION TASKS
1.04.19	Cardiovascular system	<p>Identify the functions of the cardiovascular system, describe how they help a performer to participate in physical activity.</p> <p>Describe 'vascular shunting' and why it is important for helping an athlete maintain their performance.</p> <p>List the long and short term effects of exercise on the cardiovascular system, explain why they occur and what is the benefit to the performer.</p>
8.04.19	Joint analysis and movement patterns.	<p>Create a mind map of the different joints in the body, state the articulating bones that create the joint, name the location of the joint and the movements that occur there. Make sure that for each of the movements you have a sporting example. Use your notes or Everlearner to help you. Once you have completed the mind map complete the test on Everlearner for this section.</p> <p>Draw and label the 3 different lever systems, state an example from sport where they could be used.</p> <p>List the mechanical advantages for each of the levers.</p> <p>Explain the different planes & axes and describe movements that could take place at each point.</p>
15.04.19	Muscular system	<p>Describe the 3 different muscle fibre types, list 3 characteristics of each of the types and explain when they would be used and the types of activities they would be used for.</p> <p>List the long and short term effects of exercise on the muscular system, explain why they occur and what is the benefit to the performer.</p>
22.04.19	Respiratory system	<p>Write out the path air takes to the lungs. Why does gaseous exchange take place in the alveoli?</p> <p>Explain what gaseous exchange is.</p> <p>When we breath what muscles are used and what happens as a result of them contracting?</p> <p>List the long and short term effects of exercise on the respiratory system, explain why they occur and what is the benefit to the performer.</p>
29.04.19	Principles of training	<p>List the 11 components of fitness, explaining which athletes would need them and how they could be tested.</p> <p>List the different principles of training, explaining what they are and how they would impact on a performer. Be able to describe how progressive overload is used to improve fitness.</p> <p>List the 7 different methods of training, explaining which athletes would use them.</p>

06.05.19	Injuries & Performance enhancing drugs	<p>List the different PEDs explaining what the positive and negative effects on performance / lifestyle. State which type of performer would use each PED.</p> <p>List the different injuries a performer could experience, where could they occur, what is the treatment could they use?</p> <p>Describe the benefits of a warm up and cool down to a performer. Explain how they can help prevent injury.</p>
13.05.19	Exam week	<p>Paper 1 - 15th May</p> <p>Paper 2—17th May</p>
From Feb	Grammar	<p>Using 3 tenses together accurately (F and H)</p> <p>X– factor Phrases (F and H)</p> <p>Subjunctive mood (H only)</p> <p>Review your PLC (rag rate your knowledge)</p>
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