

GCSE PE: Revision Checklist.

Topic 1.1.1: Healthy, active lifestyles and how they could benefit you.	Need to revise?
Definition of <b>healthy active lifestyle</b>	
Define: <b>Physical, Mental and social benefits.</b>	
Be able to classify the benefits of a healthy active lifestyle as physical, social or mental with examples.	
<p>Know the <b>7 Benefits of a healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>○ Increase individual fitness</li> <li>○ Help the individual to feel good</li> <li>○ Help to relieve stress and prevent stress-related illness</li> <li>○ Increase self-Esteem and confidence</li> <li>○ Contribute to enjoyment of life</li> <li>○ Improve health</li> <li>○ Provide mental challenge</li> </ul>	
<p>Know the <b>5 Reasons to participate</b> in physical activity.</p> <ul style="list-style-type: none"> <li>○ Cooperation</li> <li>○ Competition</li> <li>○ Physical Challenge</li> <li>○ Aesthetic Appreciation</li> <li>○ The development of friendships and social mixing.</li> </ul>	
Topic 1.1.2: Influences on your healthy, active lifestyle.	
<p>Know the <b>6 Influences</b> that affect involvement in physical activity:</p> <ul style="list-style-type: none"> <li>○ People, family, peers, role models</li> <li>○ Image, fashion, Media coverage</li> <li>○ Cultural factors: disability, age, gender, race, religion</li> <li>○ Resources: availability, location, access, time</li> <li>○ Health and wellbeing: illness and health problems</li> <li>○ Socio-economic: cost, status.</li> </ul>	
<p>Explain the <b>5 initiatives</b> to get people involved in physical activity:</p> <ul style="list-style-type: none"> <li>○ Sport England</li> <li>○ PE school sport and club links (PESSCL)</li> <li>○ The youth sport Trust TOP link</li> <li>○ Government initiatives (2 Hours of PE per week)</li> <li>○ Active kids programme (Sainsburys vouchers)</li> </ul>	
Be able to explain the <b>sports participation pyramid</b> : foundation, participation, performance and elite stages.	

Topic 1.1.3: Exercise and fitness as part of your healthy, active lifestyle	
Define: <b>Health, Fitness, Exercise and Performance</b>	
Know how health, fitness, performance and exercise link.	
Define the components of health related exercise: (Big fat mamouth's can't swim) <ul style="list-style-type: none"> <li>○ <b>Cardiovascular fitness</b></li> <li>○ <b>Muscular strength</b></li> <li>○ <b>Muscular endurance</b></li> <li>○ <b>Flexibility</b></li> <li>○ <b>Body Composition</b></li> </ul> Be able to relate them to sporting examples.	
Define the six components of skill-related fitness: (Real sausages can pop and Bang) <ul style="list-style-type: none"> <li>○ <b>Agility</b></li> <li>○ <b>Balance</b></li> <li>○ <b>Coordination</b></li> <li>○ <b>Power</b></li> <li>○ <b>Reaction Time</b></li> <li>○ <b>Speed</b></li> </ul> Be able to relate them to sporting examples.	

Topic 1.1.4 (a): Physical activity as part of your healthy, active lifestyle.	
What is a <b>PAR-Q</b> and when and why is it used.	
Know a <b>fitness test</b> for each component of health and skill related fitness. Coopers 12 minute run – Cardiovacular Endurance Sit and Reach test – Flexibility etc.	
Know the <b>principles of training</b> : (I sail P&O right round Rio!) Individual needs, specificity, progressive overload (FITT principle), rest and recovery, and reversibility.	
Be able to explain how to use these principles to improve your fitness and/or skills in a personal exercise programme.	
Know the effects of ' <b>Reversibility</b> ' on fitness levels.	

Topic 1.1.4 (b): Physical activity as part of your healthy, active lifestyle.	
Know the <b>SMART targets</b> : Specific, measurable, Achievable, Realistic, Time Bound. Be able to describe each one and give examples of how to set them.	
Be able to define <b>Aerobic and Anaerobic fitness</b> .	
Know the six different <b>training methods</b> and be able to describe each: <b>interval, continuous, fartlek, circuit, weight, and cross</b> .	
Training Methods: <ul style="list-style-type: none"> <li>• Know which sports and activities each is most suited to: Fartlek – Games players.</li> <li>• Know what components of fitness each will improve the most. Continuous – cardiovascular fitness.</li> <li>• Know which training methods improve aerobic and anaerobic fitness.</li> </ul>	
Know the three <b>stages of an Exercise session</b> : warm up, main activity and cool down. Know the importance of each in connection with a training session.	
Know the <b>three stages of a Warm up</b> and the reasons for each stage: Pulse raiser, stretching, activity specific drills.	
Define: <b>Resting heart rate, working heart rate and recovery rate</b> , and be able to evaluate results on a graph.	
Define <b>thresholds of training</b> : Lower threshold – Aerobic (60% of Max HR) Upper threshold – Anaerobic (80% of max HR)	
Understand the reason for having training thresholds (target heart rate zones)	
Be able to read graphs to explain the use of <b>target zones</b> and the thresholds of training.	
Be able to explain the differences between an <b>aerobic and Anaerobic</b> training session.	
Know how to work out your <b>maximum heart rate</b> .	

Topic 1.1.5: Your personal health and Well-being.	
Define <b>Balanced Diet</b> .	
Be able to describe the links between <b>exercise, diet, work and rest</b> and how these factors influence your personal health and wellbeing.	
Know the <b>7 nutrients</b> needed for a balanced diet.	
Know which nutrients are <b>MACRO and MICRO nutrients</b> .	
Know the difference between <b>Complex (starch) and Simple (sugary)</b> carbohydrates and their effects on energy and endurance.	
Know the importance of the minerals, <b>Calcium and Iron</b> .	
Know the importance <b>Vitamins A, B, C, D, E</b> .	
Know the units Energy is measured in and how energy is stored.	
Define <b>Carbo-loading</b> and be able to describe why it is used by aerobic athletes.	
Define <b>Blood Shunting</b>	
Be able to describe why it is important to leave 2 hours between eating and exercise making reference to blood flow (blood shunting) during exercise.	

Topic 1.2.1: Physical Activity and your healthy mind and body.	
Define the different body types (Somatotypes): <b>endomorph, mesomorph, ectomorph.</b>	
Know how some body types are a benefit to different sports and why.	
Define <b>Optimum weight.</b>	
Understand optimum weight, why it varies according to <b>height, gender, bone structure and muscle girth</b> , and how it can affect performance and participation in physical activity.	
Define Energy balance and be able to describe <b>Over eating and Under eating.</b>	
Be able to define and explain the terms <b>anorexic, obese, overfat, overweight, underweight.</b>	
Know how these conditions can affect participation in sport.	
Be able to describe how <b>weight loss and weight gain</b> occur.	

Topic 1.2.1(b): Physical Activity and your healthy mind and body.	
Define the term: <b>Recreational Drugs</b>	
Define the term: <b>Performance enhancing drugs.</b>	
Be able to explain why athletes take performance enhancing drugs: Prize money, fame, compete at a higher level etc	
Know the effects on performance from taking: <b>Stimulants, Anabolic Steroids, Diuretics, Narcotic Analgesics, Peptides &amp; Hormones, and Beta Blockers.</b>	
Know the dangerous <b>side effects</b> (negative effects) of taking each of the drugs above.	
Be able to give a performer that each drug would help with reasons. Weight lifter – Anabolic Steroids because they build muscle making them stronger.	
Know the effects of <b>smoking</b> on health and fitness	
Know the effects of <b>alcohol</b> on health and fitness.	
Be able to define <b>Risk assessment</b> and explain why it is important	
Know the categories of Risk Assessment: kit, equipment, readiness, rules, clothing and balanced competition and be able to explain why each category helps reduce risk.	
Define <b>Balanced Competition.</b>	

Topic 1.2.2: A healthy, active lifestyle and your cardiovascular system.	
Be able to define: <b>Heart rate, Stroke volume, Cardiac Output, Recovery heart rate.</b>	
Definition of <b>blood pressure</b> : systolic, diastolic, Hypertension. Factors affecting blood pressure.	
The immediate and <b>short term effects</b> of exercise on the cardiovascular system	
The effects of regular, <b>long term</b> participation in physical activity on the cardiovascular system.	
The impact of lifestyle on the cardiovascular system.	
The need for rest and recovery	
Diet and the cardiovascular system: <b>Cholesterol – LDL, HDL</b>	
The effects of smoking on the cardiovascular system	
Know what <b>Coronary heart disease</b> is and how it is caused.	

Topic 1.2.3: A healthy, active lifestyle and your respiratory system.	
Know the <b>functions</b> of the Respiratory system	
Be able to define: <b>Tidal Volume, Vital Capacity.</b>	
Define <b>Gaseous Exchange</b> and know how oxygen is delivered to muscles and carbon dioxide is removed.	
Definition of <b>Oxygen Debt</b> : When & why it occurs and how the body recovers from it.	
The immediate and <b>short term effects</b> of exercise on the respiratory system and know why they happen.	
The effects of regular, <b>long term</b> participation in physical activity on the respiratory system.	
<b>Lactic Acid</b> : What type of exercise causes it and how we remove it.	
The effects of <b>smoking</b> on the respiratory system	

Topic 1.2.4: A healthy, active lifestyle and your muscular system.	
Know the <b>functions</b> of the muscular system	
Know the <b>locations</b> of the 11 major muscles: Deltoid, Trapezius, Latissimus Dorsi, Pectorals, Abdominals, Biceps, Triceps, Gluteals, Quadriceps, Hamstrings, Gastrocnemius.	
Know the <b>function</b> of each of the 11 major muscles (Flexion, extension, Abduction, Adduction)	
<b>Antagonist muscle pairs</b> : Be able to explain and give examples – Biceps/triceps, Quadriceps/Hamstrings.	
<b>Immediate effects of exercise</b> on the muscular system: Faster muscle contractions, Increased demand for oxygen, increased production of Carbon dioxide or Lactic acid.	
<b>Isotonic and Isometric</b> Muscle contractions and examples.	

<b>Long term effects</b> of participation on muscles: Hypertrophy	
Potential Muscle <b>injuries</b> : Strain, Atrophy.	
<b>Preventing injuries</b> : Warm up, Cool down, Rest, Diet – protein.	
Treatment for muscle injuries: <b>RICE</b>	
<b>Performance enhancing drugs</b> to build and repair muscle: Anabolic Steroids.	

Topic 1.2.5: A healthy, active lifestyle and your skeletal system.	
<b>Functions</b> of the skeletal system: Apply to sporting examples.	
The name of the <b>type of joint</b> at the elbow/knee and hip/shoulder.	
The <b>range of movement</b> possible at the elbow, knee, hip and shoulder. (Flexion, Extension, Abduction, Adduction, Rotation)	
The effects on <b>long term</b> participation on the skeletal system: Bone density, Ligaments.	
Define <b>Osteoporosis</b> and know the benefits of weight bearing exercises as a preventative measure.	
<b>Injuries to bone</b> : Fractures, Stress fractures.	
<b>Injuries to joints</b> : Tennis and golfers elbow, Dislocations, Sprains, torn cartilage.	
Treatment: <b>RICE</b>	
<b>Diet</b> : Importance of Calcium and Vitamins.	