

Language for learning Physical Education

Year 7 (A01)

Movement Analysis

- **Muscles**
 - Position and location on the body
- **Types of actions/movements**
 - Definitions: Flexion, extension, abduction, adduction, Planta flexion & dorsi-flexion.
 - Linked to practical examples

Fitness & Training

- **Components of fitness**
 - Definitions: Muscular endurance, cardiovascular endurance, agility, reaction time, flexibility and coordination.
 - Linked to sporting examples

Cardio-respiratory

- **Short-term effects of exercise**
 - Linked to components of an effective warm-up.

Year 8 (A02)

Movement Analysis

- **Bones / Types of bones**
 - Position and location on the body
- **Antagonistic pairs**
 - Agonist and antagonist
- **Types of actions/movements**
 - Linked to practical examples (preparation, execution & follow through)

Fitness & Training

- **Components of fitness**
 - Relative of importance to a sports performer.
- **Methods of training / FITT**
 - Linked to component of fitness and specificity of a performer

Cardio-respiratory

- **Types of respiration**
 - Definitions: Aerobic (with O₂)
Anaerobic (without O₂)
 - Link to practical examples
- **long-term effects of exercise**

Year 9 (A03)

Movement Analysis

- **Muscles & bones working together**
 - Actions and movements
 - Analysis linked to practical examples
- **Types of Muscle contractions**
 - Analysis- Isometric, isotonic: eccentric & concentric

Fitness & Training

- **Components of fitness**
 - Analysis & Evaluation
- **Methods of training / SPORT**
 - Comparing sports performers
 - Advantages and disadvantages

Cardio-respiratory

- **Types of respiration**
 - Calculations
 - Analysis to practical examples/ components of fitness
- **Short/ long-term effects of exercise**
 - Evaluate benefits to a performer