

Key Vocabulary for Spring Term Overviews

Subject: GCSE PE	Year Group: Yr 10
Key Learning Points/End Points	Key Vocabulary
Sports Psychology Information processing Feedback Guidance Inverted U theory Stress management techniques Personality	input, decision making, output and feedback, selective attention, memory, intrinsic, extrinsic extrinsic/intrinsic, positive/negative, knowledge of results/knowledge of performance visual, verbal, manual, mechanical Arousal, The relationship between arousal level and performance level deep breathing, mental rehearsal/visualisation/imagery, positive self talk introvert, extrovert, aggression, motivation, indirect, direct
Socio- Cultural Influences Social Groups Commercialisation Technology Conduct of Performer	Engagement patterns, gender, race/religion/culture, age, family/friends/peers, disability, attitudes • role models, accessibility (to facilities/clubs/activities), media coverage • sexism/stereotyping • culture/religion/religious festivals • family commitments • available leisure time • familiarity • education • socio-economic factors/disposable income • adaptability/inclusiveness. Sponsorship, media, financial • clothing and equipment, including footwear • facilities. performer • sport • official • audience/spectator • Hawkeye, Television Match Official etiquette • sportsmanship • gamesmanship • contract to compete, performance enhancing drugs, stimulants • narcotic analgesics • anabolic agents • peptide hormones (EPO) • diuretics, hooliganism
Revision and Recap Cardio Respiratory Training Methods Biomechanics Health & Fitness	Blood Vessels, Respiratory & Cardiac Measures Training zone calculation, High Altitude training, Plyometric training, Aerobic training methods, Weight Training, Circuit training, Static stretching, Seasonal Aspects of Training, SPORT & FITT, Long term effects of exercise, Short term effects of exercise, Immediate effects of exercise, Warm ups, Cool downs, Injury Prevention, EPOC Movement analysis, Levers, Mechanical advantage, Planes & Axis Mental & social Health, Physical health & wellbeing, Sedentary Lifestyle