

Key Vocabulary for Spring Term Overviews

Subject: GCSE PE	Year Group: Yr 9
Key Learning Points/End Points	Key Vocabulary
<p>Respiratory system Structures of the respiratory system Mechanics of Breathing What is a Spirometry Trace Gas Exchange</p>	<p>Mouth, nasal cavity, trachea, bronchi, bronchioles, lungs, alveoli, diaphragm, intercostal muscles Inspiration & Expiration, chest cavity, lung volume, air pressure Spirometry Trace, tidal volume, expiratory reserve volume, inspiratory reserve volume, residual volume. surface area, diffusion, capillaries, concentration, haemoglobin, oxyhaemoglobin, oxygen, carbon dioxide</p>
<p>Cardiac System structure and function of the blood vessels Structure of the heart Measures of the Heart</p>	<p>Veins, Capillaries, arteries, lumen, valves Atria, ventricles, Pulmonary artery, Pulmonary vein, Aorta, Vena Cava, Diastole (filling) and systole (ejection) of Pulse, Cardiac output, stroke volume, heart rate, anticipatory rise,</p>
<p>Principles of Training Training thresholds Anaerobic Exercise Components of Fitness Tests</p>	<p>aerobic, anaerobic, training zone, maximum heart rate, circuit training, one rep max, repetition (reps) , sets anaerobic exercise (glucose → energy + lactic acid), Short duration, High intensity, 80 – 90% percentage HRmax Speed, Agility, Strength, power 30 m Sprint test, Illinois agility test, handgrip dynamometer, vertical jump test, plyometrics, exercises, e.g.</p>