

## Key Vocabulary for Summer Term Overviews

<b>Subject: GCSE PE</b>		<b>Year Group: Yr 11</b>
<b>Key Learning Points/End Points</b>	<b>Key Vocabulary</b>	
<p><b>Revision and Recap</b> Sports Psychology</p> <p>Health Fitness and well being</p> <p>Socio Cultural</p> <p>Anatomy &amp; Physiology</p> <p>Physical Training</p> <p>Movement Analysis</p>	<p>Skills, Goal &amp; Targets. Information Processing, guidance &amp; feedback, Arousal, Personality, Aggression &amp; Motivation, Inverted U theory, Stress management techniques</p> <p>Physical, Emotional, Social fitness and Well Being, Somatotypes &amp; Obesity, Nutrition &amp; Hydration</p> <p>Participation groups, spectators and behaviour, Commercialisation, Sponsorship &amp; Technology , Performance Enhancing Drugs</p> <p>Muscular– Skeletal &amp; Cardio-Respiratory systems, effects of exercise, Anaerobic &amp; Aerobic, Recovery, EPOC</p> <p>Components of Fitness – Speed, agility, strength, power, flexibility, balance, co-ordination, cardiovascular endurance, muscular endurance, reaction time. Testing methods and draining methods</p> <p>Planes and axis of movements, movement patterns, levers, mechanical advantage</p>	
<p><b>Exam Technique</b> Applying knowledge to A01 Applying knowledge to A02 Applying knowledge to A03</p>	<p>Calculate, Complete, Apply, Define, Draw, Give, Identify, Label, Name, Plot, Sketch, State Comment, Consider, Contrast, Describe, Explain, Outline, Suggest Analyse, Compare, Assess, Discuss, Evaluate, Interpret Justify</p>	