

Key Vocabulary for Summer Term Overviews

Subject: GCSE PE		Year Group: Yr 9
Key Learning Points/End Points	Key Vocabulary	
Training Variations		
Training seasons	Pre-season/preparation competition/peak/playing season post-season/transition.	
Training Principles	SPORT to include: specificity, progressive overload, reversibility, tedium. Key principles of overload. FITT frequency • intensity • time • type.	
Effects of exercise	Long term, months/years, hypertrophy, bradycardia, Short term 24 – 36hrs DOMS,EPOC, Warm up, cool down, Immediate effects of exercise	
Principles of Training		
Aerobic Exercise	Aerobic exercise (glucose + oxygen → energy + carbon dioxide + water)	
Components of Fitness Tests	Cardiovascular endurance, multi stage fitness test, high altitude, Interval training/high intensity interval training, Muscular endurance, sit up bleep test, weight training, Reaction time, balance, co-ordination, ruler drop test, stork stand test, wall toss test, circuit training, flexibility, sit and reach test, Static Stretching	