

GCSE PE PERSONAL LEARNING CHECKLIST

Musculoskeletal System

The Skeleton	Completed	Confident	Revised
The Bones of the Skeleton			
Structure of the Skeleton			
Functions of the Skeleton			

Joints	Completed	Confident	Revised
Structure of Joints			
Types of Freely Movable Joints			
Joints Movements			

Muscles	Completed	Confident	Revised
Muscles of the Body			
Antagonistic Pairs			
Types of Contraction			

Structure and Function of the Cardio-respiratory System

Breathing	Completed	Confident	Revised
Pathway of Air and Exchange of Gases			

Mechanics of Breathing			
Transportation of O ₂ and CO ₂			
Lung Volumes			

Blood Vessels and the Heart	Completed	Confident	Revised
Structure of the Blood Vessels			
Structure of the Heart			
Cardiac Cycle			
Cardiac Volumes			

Anaerobic and Aerobic Exercise

Energy and Recovery	Completed	Confident	Revised
EPOC and Recover			
Recovery from Vigorous Exercise			

Effects of Exercise	Completed	Confident	Revised
Immediate and Short Term Effects of Exercise			
Long Term Effects of Exercise			

Movement Analysis

Movement	Completed	Confident	Revised
Planes and Axes			
Movement Patterns			

Levers	Completed	Confident	Revised
Levers			

Health, Fitness and Training

Health and Fitness	Completed	Confident	Revised
Health and Wellbeing			
Health and Fitness			

Components of Fitness	Completed	Confident	Revised
Components of Fitness			
VO2max			

Fitness Testing	Completed	Confident	Revised
Reasons for and Limitations of Fitness Testing			
Fitness Testing 1			

Fitness Testing 2			
Fitness Testing 3			
Fitness Testing Data			

Training	Completed	Confident	Revised
Principles of Training			
Methods of Training 1			
Methods of Training 2			

Optimising Training	Completed	Confident	Revised
Training Target Zones and Training Intensity			
Injury Prevention			
Altitude Training			
Warm Up			
Cool Down			

Use of Data

Data	Completed	Confident	Revised
Presenting Data			
Evaluating Data			

Quantitative and Qualitative Data			
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Sport Psychology

Classification of Skills and Goal Setting	Completed	Confident	Revised
Skill and Ability			
Classification of Skill			
Performance and Outcome Goals			
SMART Targets			

Skill Acquisition	Completed	Confident	Revised
Basic Information Processing			
Feedback			
Guidance			

Mental Preparation	Completed	Confident	Revised
Arousal			
Controlling Arousal			
Aggression			
Personality			
Motivation			

Sociocultural Studies

Engagement Patterns	Completed	Confident	Revised
Engagement Patterns 1			
Engagement Patterns 2			

Commercialisation	Completed	Confident	Revised
Commercialisation			
Sponsorship			
The Media			
Impact of Technology			

Sociocultural Issues	Completed	Confident	Revised
Conduct of Performers			
Contract to Compete			
Anabolic Steroids			
Beta Blockers			
Diuretics			
Blood Doping			
Advantages and Disadvantages of PEDs			

Spectator Behaviour	Completed	Confident	Revised
Hooliganism and Spectator Violence			
Preventing Violence			

Health, Fitness and Wellbeing

Health and the Body	Completed	Confident	Revised
Reasons for Participation			
Sedentary Lifestyles			
Obesity			
Somatotype			

Energy Use and Diet	Completed	Confident	Revised
Energy Use			
Reasons for a Balanced Diet			
Role of Carbs Fat Protein Vitamins and Minerals			
Hydration			