



DRAYTON MANOR HIGH SCHOOL

LPA Year 10 GCSE Revision checklist

Physical, mental and social health, fitness and well being	Learn	Revise	Do
Physical health and well being			
Mental health and well being			
Social health and well being			
Fitness			
The consequences of a sedentary lifestyle			
Obesity and how it affects performance			
Somatotypes			
Energy use, diet, nutrition and hydration			
The components of a balanced diet and their impact			
Hydration			
Sport Psychology			
Skill and ability			
Classification of Skills			
Goal setting – performance and outcome goals			
SMART target setting			
Basic information processing			
Guidance			
Feedback			
Arousal			
Aggression			
Personality			
Motivation			
Data			

JBL Year 10 GCSE Revision checklist

The structure and function of the cardio-respiratory system	Learn	Revise	Do
The Pathway of air into and out of the lungs			
Gas exchange at the alveoli and the features that assist gaseous exchange			
The structure and function of arteries, capillaries and veins			
The structure of the heart			
The order of the cardiac cycle and the pathway of blood through the heart			
The terms cardiac output, stroke volume and heart rate			
The mechanics of breathing			
Interpret lung volumes through a spirometer trace graph			
The structure and functions of the musculo-skeletal system			
The structure and functions of the skeleton			
The structure and functions of synovial joints			
The movements involved at different joints			
Anaerobic and aerobic exercise			
The idea of aerobic and anaerobic exercise during differing intensities			
The recovery process in terms of Excess Post-exercise Oxygen Consumption (EPOC)/ oxygen debt			

Methods to help recover from strenuous exercise			
The immediate effects of exercise (during exercise)			
The short-term effects of exercise (24-36 hours after exercise)			
The long-term effects of exercise (months and years of training)			
Movement Analysis			
The different classes of levers found in the body			
The mechanical advantages of different lever systems			
How muscles work to cause movements			
Planes and axes of different movements			
Types of movements that occur at different joints			
Names of the muscles causing movements at different joints			