

Physical Education

EXAM BOARD: OCR

DATE: 17th May 2023 Paper 1, 8th June 2023 Paper 2

Week	Focus	In School	At Home Links to BBC Bitesize Revision and Tests
30/1/23	1.1e Effects of exercise on CV system/Interpreting data	<ul style="list-style-type: none"> • understand the long-term effects of exercise on: • bone density • hypertrophy of muscle • muscular strength • muscular endurance • resistance to fatigue • hypertrophy of the heart • resting heart rate and resting stroke volume • cardiac output • rate of recovery • aerobic capacity • respiratory muscles • tidal volume and minute volume during exercise • capillarisation • be able to apply the effects to examples from physical activity/ sport • be able to collect and use data relating to long-term effects of exercise. 	<p><u>2.2 Performance guidance in sport</u> Performers need guidance to acquire and improve their skills. Visual, verbal, manual and mechanical guidance are used in different situations and to support performers in a range of different ways.</p> <p>https://www.bbc.co.uk/bitesize/guides/zymq6fr</p>
6/2/23	1.1. e Short Term effects on respiratory system	<ul style="list-style-type: none"> • understand the short-term effects of exercise on: • muscle temperature • heart rate, stroke volume, cardiac output • redistribution of blood flow during exercise • respiratory rate, tidal volume, minute ventilation • oxygen to the working muscles • lactic acid production • be able to apply the effects to examples from physical activity/ sport • be able to collect and use data relating to short-term effects of exercise. 	<p><u>2.2 Performance feedback in sport</u> Feedback tells performers how well they performed or are performing. It can focus on knowledge of results or knowledge of performance and can be intrinsic or extrinsic, positive or negative</p> <p>https://www.bbc.co.uk/bitesize/guides/zx84wxs</p>

20/2/23	<p>1.1.d. The cardiovascular and respiratory systems</p> <p>Structure and function of the cardiovascular system</p>	<ul style="list-style-type: none"> know the double-circulatory system (systemic and pulmonary) know the different types of blood vessel: <ul style="list-style-type: none"> arteries capillaries veins understand the pathway of blood through the heart: <ul style="list-style-type: none"> atria ventricles bicuspid, tricuspid and semilunar valves septum and major blood vessels: <ul style="list-style-type: none"> – aorta – pulmonary artery – vena cava – pulmonary vein know the definitions of: <ul style="list-style-type: none"> heart rate stroke volume cardiac output <p>know the role of red blood cells</p>	<p><u>2.1b Commercialisation in sport</u></p> <p>Golden Triangle</p> <p>Positive and negative effects of the media on commercialisation</p> <p>https://www.bbc.co.uk/bitesize/guides/zsx7tyc/revision/1</p>
27/2/23	<p>1.1.d Structure and function of the respiratory system</p>	<ul style="list-style-type: none"> understand the pathway of air through the respiratory system: <ul style="list-style-type: none"> mouth nose trachea bronchi bronchiole alveoli know the role of respiratory muscles in breathing: <ul style="list-style-type: none"> diaphragm intercostals know the definitions of: <ul style="list-style-type: none"> breathing rate tidal volume minute ventilation <p>understand about alveoli as the site of gas exchange.</p>	<p><u>2.1b Sponsorship in Sport</u></p> <p>The influence of sponsorship on the commercialisation of physical activity and sport.</p> <p>Positive and negative effects of sponsorship on commercialisation</p> <p>https://www.bbc.co.uk/bitesize/guides/zsx7tyc/revision/1</p>
6/3/23	<p>1.1.d Aerobic and anaerobic exercise</p>	<ul style="list-style-type: none"> know the definitions of: <ul style="list-style-type: none"> aerobic exercise anaerobic exercise <p>be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.</p>	<p><u>2.1c Sportsmanship / Gamesmanship/ Deviance</u></p> <p>Understand each one and the differences between the three</p> <p>https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1</p>

13/3/23	<p>2.1 a Social Groups/ Factors Effecting participation in sport</p> <p>Physical activity and sport in the UK</p>	<ul style="list-style-type: none"> • be familiar with current trends in participation in physical activity and sport: • using different sources (such as Sport England, National Governing Bodies (NGBs) and Department of Culture, Media and Sport (DCMS)) • of different social groups • in different physical activities and sports. • understand how different factors can affect participation, including: <ul style="list-style-type: none"> • age • gender • ethnicity • religion/culture • family • education • time/work commitments • cost/disposable income • disability • opportunity/access • discrimination • environment/climate • media coverage • role models • understand strategies which can be used to improve participation: <ul style="list-style-type: none"> • promotion • provision • access • be able to apply examples from physical activity/sport to participation issues. 	<p><u>1.1.a. The structure and function of the skeletal system</u></p> <p>Learners will be able to name and locate the major bones of the body and be able to apply examples of how the skeletal system allows the functions such as posture and protection.</p> <p>Learners will be able to identify major joints along with the associated articulating bones in the knee, elbow, shoulder and hip. Knowledge will be developed of the types of movement at hinge joints and ball and socket joints, as well as being able to apply these movements to examples from physical activities and sports.</p> <p>https://www.bbc.co.uk/bitesize/guides/zct2hv4</p>
20/3/23	<p>2.1.b Commercialisation of sport</p>	<ul style="list-style-type: none"> • understand the influence of the media on the commercialisation of physical activity and sport: <ul style="list-style-type: none"> • different types of media <ul style="list-style-type: none"> – social – internet – TV/visual – newspapers/magazines. • know the meaning of commercialisation, including sport, sponsorship and the media (the golden triangle): <ul style="list-style-type: none"> • positive and negative effects of the media on commercialisation • be able to apply practical examples to these issues. • understand the influence of sponsorship on the commercialisation of physical activity and sport: <ul style="list-style-type: none"> • positive and negative effects of sponsorship on commercialisation • be able to apply practical examples to the issue of sponsorship. 	<p><u>1.1.c. Movement analysis</u></p> <p>Learners will develop their knowledge of the three classes of lever and will be able to use examples from physical activities and sport to show where these levers might operate to produce movement. Learners will become aware of the mechanical advantage provided by levers in movement.</p> <p>https://www.bbc.co.uk/bitesize/guides/z24b9qt</p>

<p>27/3/23 (Assessment Week)</p>	<p>2.1 c Ethics in sport</p>	<p>"• know and understand: • the value of sportsmanship • the reasons for gamesmanship and deviance in sport. • be able to apply practical examples to these concepts."</p>	<p>2.1c Drugs Reasons why Types of drugs Impact on performance in the sport https://www.bbc.co.uk/bitesize/guides/zq9r82p/revision/1</p>
<p>30/3/20</p>	<p>2.1.c Drugs in sport</p>	<p>"know and understand the reasons why sports performers use drugs • know the types of drugs and their effect on performance: • anabolic steroids • beta blockers • stimulants • give practical examples of the use of these drugs in sport. • know and understand the impact of drug use in sport: • on performers • on sport itself."</p>	<p>Health and wellbeing</p> <p>Physical activity is an essential part of a healthy lifestyle. Linked to other positive lifestyle choices, it promotes good physical health and contributes to people's emotional and social wellbeing.</p> <p>Read through pages and answer questions</p> <p>https://www.bbc.co.uk/bitesize/guides/zp mq6fr/revision/1</p>