



# St Martin's School Physical Education Journey

## ANATOMY & PHYSIOLOGY CURRICULUM JOURNEY



Be The Best You Can Be...



2 hour written exam

- 90 marks
- Worth 30% of final grade



Revision in lessons

Show Your Commitment



- Complete your independent learning tasks
- Bring Your PE folder to all lessons
- Attend revision sessions and sports clubs

**3.1 Linear Motion** – in this chapter you will look at linear motion, how it is created & measured in performance of physical activity and sport.

**3.2 Angular Motion** – you will be able to understand angular motion and how it is created, measured and conserved in performance of physical activity and sport.

**3.3** – in this chapter you will be able to demonstrate a knowledge and understanding of fluid mechanics and projectile motion and how they can be manipulated in physical activity and sport.

Coursework 30%

Effective performance or coaching in one chosen activity in a competitive situation

Evaluation and Analysis of performance for improvement in one activity.

**2.1 Injury Prevention and Rehabilitation** – by the end of this chapter you will understand different injuries, injury prevention, injury response & rehabilitation.



**3.1 – Biomechanical Principles** – in this chapter you will look at the underlying biomechanical principals related to Newton's laws of motion and force and how they can be manipulated to maximise performance of physical activities and sport



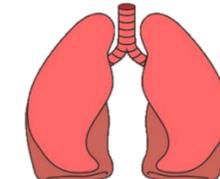
**2.1 Diet and Nutrition** – in this chapter you will look at how diet, nutrition and ergogenic aids affect the body's ability to exercise during physical activity and sport.

YEAR 13

**1.1 & 1.2 Energy Systems & Recovery, Altitude & Heat** – within this chapter you will look at the energy need for exercise and the role of ATP. You will then demonstrate a knowledge and understanding of the recovery process after exercise and the environmental effects.

**3.2 Biomechanical Principles** – in this chapter you will understand the stability and lever systems & centre of mass and how they can affect & be manipulated to maximise performance.

**2.2 Preparation and Training Methods** – you will be able to understand the key fitness components and role training plays to improve and maintain physical activity and performance and how to plan a personal health and fitness programme.



**1.2 Cardiovascular and Respiratory Systems** – develop understanding of the key roles of both systems at rest, during exercise and during recovery. Then cardiac cycle, neural, hormonal and intrinsic control of heart rate, gaseous exchange, mechanics of inspiration and expiration and breathing frequency.

YEAR 12

**1.1 Skeletal and Muscular Systems** – you will know the key roles of the skeletal & muscular systems play in the performance of physical activity and sport. As well as, joints, muscles and movement patterns, planes of movement, muscular contraction, types of fibres etc.

