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PE

AQA
















Getting Ready for KS4 (GCSE)

Getting Ready for KS4 (GCSE) PE

Getting Ready for KS4 (GCSE)	GRF-01-001			
Health-Related Components of Fitness: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Body Composition and Flexibility	PE-74-001			
Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance	PE-74-002			
A Balanced Diet	PE-60-001			
Healthy Lifestyles	PE-96-001			
Minimising the Risk of Injury	PE-65-001			
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The Negative Impact of the Media and Sponsorship	PE-17-006			
Main Muscles in the Body	PE-50-001			
Antagonist Muscle Action	PE-50-002			






Applied Anatomy and Physiology



















The Structure and Functions of the Musculoskeletal System

The Main Bones in the Body	PE-01-001			
Structure and Function of a Skeleton	PE-01-002			
Main Muscles in the Body	PE-01-003			
How Do Synovial Joints Help to Produce Movement?	PE-01-004			
Antagonist Muscle Action	PE-01-005			










The Structure and Functions of the Cardio-respiratory System

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Structure of the Respiratory System and Gaseous Exchange	PE-02-001			
Blood Vessels in the Body	PE-02-002			
The Structure of the Heart and the Cardiac Cycle	PE-02-003			
How Can We Measure the Efficiency of our Heart?	PE-02-004			
Mechanics of Breathing	PE-02-005			
How Do We Interpret a Spirometer Trace?	PE-02-006			

Anaerobic and Aerobic Exercise

Anaerobic and Aerobic Exercise	PE-03-001			
Excess Post-Exercise Oxygen Consumption	PE-03-002			
The Recovery Process From Vigorous Exercise	PE-03-003			

The Short and Long Term Effects of Exercise

Immediate and Short-Term Effects of Exercise	PE-04-001			
The Long-Term Effects of Exercise	PE-04-002			

Movement Analysis

Lever Systems




Types of Levers	PE-05-001			
Mechanical Advantage of Levers	PE-05-002			

Planes and Axes of Movement




Planes and Axes of Movement	PE-06-001			
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Physical Training






The Relationship Between Health and Fitness and the Role that Exercise Plays in Both



















The Relationship Between Health and Fitness	PE-07-001			
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How Is Fitness Measured and Improved?

Components of Fitness: Agility, Balance, Cardiovascular Endurance, Coordination and Flexibility	PE-08-001			
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Symbol Keys

























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Components of Fitness: Muscular Endurance, Power, Reaction Time, Speed and Strength	PE-08-002			
How Do We Measure Fitness and What Limitations Could This Have?	PE-08-003			
Measuring the Components of Fitness: Types of Data, Agility, Balance and Cardiovascular Endurance	PE-08-004			
Measuring the Components of Fitness: Coordination, Flexibility and Muscular Endurance	PE-08-005			
Measuring the Components of Fitness: Power and Reaction Time	PE-08-006			
Measuring the Components of Fitness: Maximal Strength, Strength and Speed	PE-08-007			




Principles of Training

The Principles of Training and Overload	PE-09-001			
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Types of Training

Circuit Training	PE-10-001			
Continuous Training	PE-10-002			
Fartlek Training	PE-10-003			
Interval and High Intensity Interval Training	PE-10-004			
Static Stretching	PE-10-005			
Weight Training	PE-10-006			
Plyometric Training	PE-10-007			
High Altitude Training	PE-10-008			




Training Considerations

What Do I Need To Consider When Planning a Training Programme?	PE-11-001			
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Training Seasons

What Are Training Seasons?	PE-12-001			
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Effective Use of Warm Up and Cool Down

Effective Use of Warm-Up and Cool-Down	PE-13-001			
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Use of Data

Collection and Presentation

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How is Data Collected, Presented and Evaluated?

PE-14-001   

Sports Psychology

Sports Psychology

Classification of Skills

PE-16-001   

Goal Setting and SMART Targets

PE-16-002   

Basic Information Processing

PE-16-003   

Guidance

PE-16-004   

Feedback

PE-16-005   

Mental Preparation for Performance

PE-16-006   

Aggression in Sport

PE-16-007   

Personality Types

PE-16-008   

Motivation in Sport

PE-16-009   

Socio-Cultural Influences

Socio-Cultural Influences

Social Groupings: Gender and Ethnicity

PE-17-001   

Social Groupings: Age and Disability

PE-17-002   

Social Groupings: Friends and Family

PE-17-003   

Commercialisation of Physical Activity and Sport

PE-17-004   


The Positive Impact of the Media and Sponsorship

PE-17-005   

The Negative Impact of the Media and Sponsorship

PE-17-006   

The Impact of Technology in Sport

PE-17-007   

Ethical Issues in Sport

Conduct of Performers

PE-18-001   

Performance-Enhancing Drugs: Categories, Blood Doping and Beta Blockers

PE-18-002   

Performance-Enhancing Drugs: Prohibited Substances 1

PE-18-003   

Performance-Enhancing Drugs: Prohibited Substances 2

PE-18-004   

Performance-Enhancing Drugs: Advantages and Disadvantages

PE-18-005   

Spectator Behaviour

PE-18-006   

Hooliganism

PE-18-007   

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Additional Resources

Health, Fitness and Well-Being

Physical, Emotional and Social Health

Being Healthy: What Does It Mean?	PE-19-001			
Somatotypes	PE-20-002			
Sedentary Lifestyles and Obesity	PE-20-001			

Energy Use, Diet and Nutrition

Energy Use and Water Balance	PE-47-001			
A Balanced Diet	PE-47-002			

Revision Skills and Tips - Physical Education

Revision and Study Skills

Introduction	REV-001-004-001	
Planning for Revision	REV-001-004-002	
Developing Independent Study Skills for Success	REV-001-004-003	
Managing Exam Stress	REV-001-004-004	
Keeping Your Brain Active During Revision	REV-001-004-005	
Summary	REV-001-004-006	
Web Links	REV-001-004-007	

GCSEPod's Top Revision Tips

GCSEPod's Top Revision Tips	REV-011-001	
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Spelling, Punctuation & Grammar

Spelling, Punctuation & Grammar

Sentences - The Basics	ENG-77-001		
Punctuation 1 - Full Stops, Question Marks, Exclamation Marks & Capital Letters	ENG-77-003		
Types of Sentences & Paragraphs	ENG-77-002		
Proofreading Skills (Part 1)	ENG-153-010		
Punctuation 2 - The Apostrophe & Quotation Marks	ENG-77-004		
Punctuation 3 - The Comma, the Colon, the Semi-colon & Brackets	ENG-77-005		
Words & Spelling: Vocabulary, Parts of Words, Suffixes & Prefixes, Word Families & Spelling Words	ENG-77-006		
Common Errors & Confused Words (Part 2)	ENG-77-008		

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Common Errors & Confused Words (Part 1)	ENG-77-007		
Language Toolkit	ENG-77-009		
Proofreading Skills (Part 2)	ENG-153-011		

Getting Ready for KS5 (A Level)

Getting Ready for KS5 (A Level) PE

Getting Ready for KS5 (A Level)	GRF-01-002			
Types of Levers	PE-05-001			
Body Planes and Axes	PE-26-001			
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Long-Term Effects of Exercise	PE-66-001			
Muscle Fibre Types	PE-78-002			
Antagonist Muscle Action	PE-01-005			
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The Negative Effects of Taking Drugs in Sport	PE-61-002			
Factors to Consider When Planning a Training Programme	PE-93-002			
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Continuous Training	PE-93-004			
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Interval Training	PE-93-006			
Fitness Classes	PE-93-007			
Weight Training	PE-93-008			
Plyometric Training	PE-93-009			

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