

Content



Pods



Check & Challenge



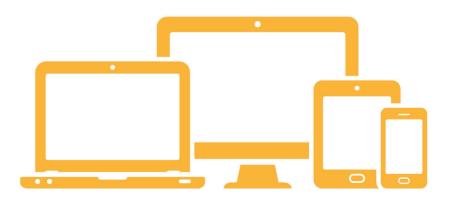
Ready Made Assignment



Additional Resources



In Production





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	\triangleright		
Skill-Related Components of Fitness: Agility, Speed, Power, Reaction Time, Co-ordination and Balance	PE-74-002	\triangleright		
A Balanced Diet	PE-60-001			
Healthy Lifestyles	PE-96-001			
Minimising the Risk of Injury	PE-65-001			
Structure and Function of a Skeleton	PE-49-002			
Use of Data	PE-95-001			
The Positive Impact of the Media and Sponsorship	PE-17-005	\triangleright	\bigcirc	
The Negative Impact of the Media and Sponsorship	PE-17-006	\triangleright	\bigcirc	
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		\bigcirc	
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	\triangleright		
Antagonist Muscle Action	PE-01-005		\bigcirc	

The Structure and Functions of the **Cardio-respiratory System**







Structure of the Gaseous Exchar	Respiratory System and	PE-02-001			
Blood Vessels in		PE-02-002			
	f the Heart and the Cardiac	PE-02-003	\triangleright		
	easure the Efficiency of our	PE-02-004	\triangleright	\bigcirc	
Mechanics of Br	reathing	PE-02-005	\triangleright		
How Do We Inte	erpret a Spirometer Trace?	PE-02-006		\bigcirc	
Anaerobic and	d Aerobic Exercise				
Anaerobic and A	Aerobic Exercise	PE-03-001			
Excess Post-Exe	ercise Oxygen Consumption	PE-03-002			
The Recovery Pr Exercise	rocess From Vigorous	PE-03-003	\triangleright		
The Short and Exercise	Long Term Effects of				
Immediate and Exercise	Short-Term Effects of	PE-04-001		\bigcirc	
The Long-Term B	Effects of Exercise	PE-04-002	\triangleright	\bigcirc	
Movement Analys	sis				
Lever Systems	S				
Types of Levers		PE-05-001			
Mechanical Adv	antage of Levers	PE-05-002		\bigcirc	
Planes and Ax	ces of Movement				
Planes and Axes	s of Movement	PE-06-001	\triangleright	\bigcirc	
Physical Training	J				
	hip Between Health and ne Role that Exercise				
The Relationship Fitness	p Between Health and	PE-07-001		\bigcirc	
How Is Fitness Improved?	s Measured and				
•	Fitness: Agility, Balance, Endurance, Coordination and	PE-08-001	\triangleright		

Symbol Keys

▶ Pods % In production 

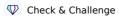
PE-08-002	\triangleright	\bigcirc	
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PE-08-005	\triangleright	\bigcirc	
PE-08-006	\triangleright	\bigcirc	
PE-08-007	\triangleright	\bigcirc	
PE-09-001			
PE-10-001			
PE-10-002			
PE-10-003			
PE-10-004			
PE-10-005			
PE-10-006			
PE-10-007			
PE-10-008			
PE-11-001	\triangleright		
PE-12-001			
PE-13-001		\bigcirc	
	PE-08-003 PE-08-004 PE-08-005 PE-08-007 PE-09-001 PE-10-002 PE-10-003 PE-10-004 PE-10-005 PE-10-006 PE-10-007 PE-10-008 PE-11-001 PE-12-001	PE-08-003	PE-08-003

Use of Data

Collection and Presentation

Symbol Keys

Pods ※ In production



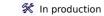


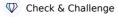




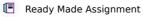
How is Data Co Evaluated?	llected, Presented and	PE-14-001	\triangleright		
Sports Psycholog	ЭУ				
Sports Psycho	ology				
Classification of	f Skills	PE-16-001			
Goal Setting an	d SMART Targets	PE-16-002			
Basic Information	on Processing	PE-16-003			
Guidance		PE-16-004			
Feedback		PE-16-005			
Mental Prepara	tion for Performance	PE-16-006		\bigcirc	
Aggression in S	port	PE-16-007	\triangleright		
Personality Type	es	PE-16-008		\bigcirc	
Motivation in Sp	oort	PE-16-009			
Socio-Cultural In	fluences				
Socio-Cultura	l Influences				
Social Grouping	s: Gender and Ethnicity	PE-17-001		\bigcirc	
Social Grouping	s: Age and Disability	PE-17-002			
Social Grouping	s: Friends and Family	PE-17-003			
Commercialisat Sport	tion of Physical Activity a	and PE-17-004			
•	pact of the Media and	PE-17-005	\triangleright	\bigcirc	
The Negative Ir Sponsorship	npact of the Media and	PE-17-006			
The Impact of T	echnology in Sport	PE-17-007			
Ethical Issues	in Sport				
Conduct of Perf	ormers	PE-18-001			
Blood Doping a	nhancing Drugs: Categor nd Beta Blockers	PE-18-002	\triangleright	\bigcirc	
Performance-Er Substances 1	nhancing Drugs: Prohibit	ed _{PE-18-003}			
Performance-Er Substances 2	nhancing Drugs: Prohibit	PE-10-004	\triangleright		
Performance-Er and Disadvanta	nhancing Drugs: Advanta	ages PE-18-005			
Spectator Beha		PE-18-006			
Hooliganism		PE-18-007			
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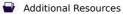
















PE-47-002 ▷ ♥ ■

Health, Fitness and Well-Being

Physical, Emotional and Social Health

Being Healthy: What Does It Mean?	PE-19-001	\bigcirc	
Somatotypes	PE-20-002		
Sedentary Lifestyles and Obesity	PE-20-001		
Energy Use, Diet and Nutrition			
Energy Use and Water Balance	PE-47-001		

Revision Skills and Tips - Physical Education

Revision and Study Skills

A Balanced Diet

Introduction	REV-001-004-001	
Planning for Revision	REV-001-004-002	
Developing Independent Study Skills for Success	REV-001-004-003	\triangleright
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

Spelling, Punctuation & Grammar

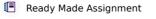
Spelling, Punctuation & Grammar

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		\bigcirc
Proofreading Skills (Part 1)	ENG-153-010		
Punctuation 2 - The Apostrophe & Quotation Marks	ENG-77-004	\triangleright	
Punctuation 3 - The Comma, the Colon, the Semi-colon & Brackets	ENG-77-005	\triangleright	
Words & Spelling: Vocabulary, Parts of Words, Suffixes & Prefixes, Word Families & Spelling Words	ENG-77-006	\triangleright	\bigcirc
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	\triangleright		
Types of Levers	PE-05-001			
Body Planes and Axes	PE-26-001			
The Structure of the Heart and the Cardiac Cycle	PE-51-002			
Anaerobic and Aerobic Exercise	PE-88-001			
Long-Term Effects of Exercise	PE-66-001		\bigcirc	
Muscle Fibre Types	PE-78-002			
Antagonist Muscle Action	PE-01-005			
Mental Preparation for Performance	PE-56-003		\bigcirc	
Feedback	PE-16-005			
Drugs in Sport	PE-61-001			
The Negative Effects of Taking Drugs in Sport	PE-61-002	\triangleright		
Factors to Consider When Planning a Training Programme	PE-93-002	\triangleright	\bigcirc	
The Principles of Training	PE-93-001			
Circuit Training	PE-93-003		\bigcirc	
Continuous Training	PE-93-004			
Fartlek Training	PE-93-005			
Interval Training	PE-93-006			
Fitness Classes	PE-93-007			
Weight Training	PE-93-008		\bigcirc	
Plyometric Training	PE-93-009			

Symbol Keys



