

Personalised Learning Checklist – Physical Education

Exam Board	AQA
Course Name	GCSE Physical Education
Topic Module	Physical Training (PAPER 1)

G	I am very confident, and I know this well
A	I am not very confident. I may need to check with my teacher and spend more time working on this
R	I am not confident about this at all. I need to check with my teacher and ensure I have what I need to become confident

Physical Training				Revision card completed
Topic	Content	☺	☹	(tick)
Health and Fitness	Definitions of 'Health' and 'Fitness' Relationship between health and fitness			
Components of fitness	Definitions (agility, balance, cardiovascular endurance (aerobic power) coordination, flexibility, muscular endurance, power/explosive strength (anaerobic power), reaction time, speed, strength (maximal, static, dynamic and explosive)			
Tests to measure components of fitness.	Sit and Reach/MSFT/Sit-up bleed test/Handgrip Dynamometer/One Rep Max/Standing Stork/Illinois/Vertical Jump/Broad Jump/Wall Toss Test/Ruler Drop/30m sprint			
Test Protocols (procedures)	See tests above – can you write out the instructions for each test? (you will need to know the facilities/equipment needed for each test and the measurements.			
Reasons for fitness testing	Increase confidence/motivation/bench mark/shows strengths & weaknesses etc.			
Limitations of fitness testing	Test are often not sport specific. They do not replicate movements of activities. They do not replicate competitive conditions required in sports etc.			
Reliability and validity	Reliability = Are you testing what you want to test? Validity = Have you repeated the test 3x?			
Methods of monitoring fitness – (How to test)	Heart rate/Calorie counting/Health questionnaires/screening/Blood Pressure/Heart Rate/diaries.			
Principles of Training (SPORT)	(SPORT) – Specific, Progressive overload (FITT), Reversibility, Tedium. You will need to understand all of the above and explain how the principles of training can be applied to improve fitness using a sporting example.			
Types of Training	Define and explain each type of training. You will also need to understand which type of training improves each component of fitness and the advantages and disadvantages of each. Continuous/fartlek/weight/circuit/interval/plyometric/Static stretching (mobility)			
High Altitude training	Explain how high altitude training is carried out. Benefits and limitations of altitude training.			
Calculating training zones	Definition of training thresholds. Calculate maximum heart rate. MHR = 220-age Calculate aerobic training zone = 60-80% of MHR Calculate anaerobic training zone = 80-90% of MHR			
Prevention of injuries	Complete a warm up. Over training to be avoid (too heavy weights). Appropriate footwear and clothing. Hydration. Correct technique etc.			
Structure of a training session	Warm up/fitness/skills/game/cool down			
Seasonal aspects	Training Cycle (Pre-season/competition (peak) season/post season)			
How do performers warm up?	Include: increasing intensity to raise heart rate, active/passive/dynamic stretching, proprioceptive neuromuscular facilitation (PNF) stretching and ensuring game specificity			
How do performers cool down?	Reducing heart rate and intensity, active recovery, ice baths, massage and stretching.			
Benefits of a warm up/cool down?	Reduce injury/mental and physical preparation/remove lactic acid/increase HR/prevent muscle soreness/increase body temperature/DOMS			