

Year 11 Personal Learning Checklist: GCSE PE



Paper 1			
	😊	😐	😞
Names of muscles			
Names of bones			
Types of bones			
Functions of the skeleton			
Joints			
Functions of muscles/ movements			
Muscle contraction			
Planes of movement			
Axis			
Lever 1st, 2nd 3rd			
Parts of the respiratory system			
Gaseous Exchange			
Pathway of air			
Lung volumes (Spirometer)			
Capillaries, Arteries, Veins			
Heart Structure			
Cardiac Cycle			
Cardiac Output			
Aerobic Equation			
Anaerobic Equation			
Paper 2			
	😊	😐	😞
Arousal			
Inverted U			
Aggression			
Control methods (Arousal)			
Personality			
Feedback Loop			
Motivation			
Guidance			
Classification of skill			
Sponsorship			
Commercialisation			
ICT and Science in sport			
Hooliganism			
Performance enhancing Drugs			
Health General/Specific			
Sedentary life style			
Nutrition(nutrients)			
Energy intake/expenditure			

Somatotypes			
Obesity/Anorexia			
Training methods			
Components of fitness			
Effects of exercise			