

QE KS4

Induction Booklet for GCSE PE 2023

A guide to help you get ready for
Key Stage 4 @ QE



Physical Education **QE**



Mission, Introduction and Contents...

Our mission @ QE

‘Choosing to study at Queen Elizabeth’s is choosing to join a vibrant and engaging working environment, and one that is focused on you, the learner. Our aim is not only to provide the best quality teaching and learning possible, but also to provide all of our students with the opportunity to develop workplace and other similar skills that will contribute to their future economic well-being. Typically, our most successful student is one who is aware of their strengths, knows how to work on their weaknesses and takes advantage of the many opportunities available at Key Stage 4’

Introduction

This pack contains a programme of activities and resources to prepare you to start your GCSEs in September. It is aimed to be used after May half term to ensure you are ready to start your course in September 2020. Please use the dedicated section at the end of the booklet for you to complete the activities.

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Overview of the GCSE PE Edexcel Course

Comp onent	Topic	Content	Assessment	%
1	Fitness and Body Systems	<ul style="list-style-type: none"> Applied anatomy and physiology Movement analysis Physical Training Use of data 	<u>1hr 30 mins.</u> Multiple choice, short answer and extended answers. <u>80 marks</u>	36
2	Health and Performance	<ul style="list-style-type: none"> Health, fitness and well- being Sports psychology Socio-cultural influences Use of data 	<u>1hr 15 mins.</u> Multiple choice, short answer and extended answers. <u>60 marks</u>	24
3	Practical Performance in 3 sports	<ul style="list-style-type: none"> Skills during individual activities Skills during team activities 	105 marks 35 per sport	30
4	Personal Exercise Programme	<ul style="list-style-type: none"> Analysis of proposed PEP Carry out and monitor the PEP Evaluation of the PEP 	20 marks	10

Practical performance (Component 3)

Students will be required to perform in 3 different physical activities in the role of a player/performer

- At least 1 sport from the team activities list
- At least 1 sport from the individual activities list
- The final 3rd sport can be from the team or individual activities list
- Students must demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure
- Below are some sports but not all of them, for further info go to the spec , link here:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

The **individual** activities list is:

- | | |
|--|--|
| <ul style="list-style-type: none">• Boxing• Athletics• Cycling• Diving• Golf• Gymnastics• Equestrian | <ul style="list-style-type: none">• Rock Climbing• Skiing• Snowboarding• Swimming• Trampolining• Boccia• Badminton |
|--|--|

The **team** activities list is:

- | | |
|--|---|
| <ul style="list-style-type: none">• Association football• Badminton• Basketball• Cricket• Dance• Hockey• Netball | <ul style="list-style-type: none">• Rugby• Rowing• Table tennis• Tennis• Volleyball• Windsurfing |
|--|---|

Useful websites, podcasts and revision tools

The following websites, podcasts, revision resources will enable you to develop your knowledge, be independent in your learning and make you a top GCSE PE student!

GCSE Bitesize

<https://www.bbc.co.uk/education/>



Teach PE

<http://www.teachpe.com/gcse.php>



Revision for all sections

<http://www.cram.com/flashcards/>

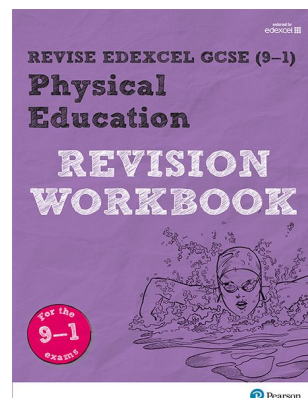
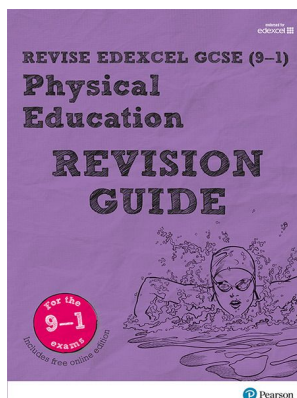


PE 4 Learning (search Edexcel resources)

<https://www.pe4learning.com/>

The PE Classrooms

<https://thepeclassroom.com/>



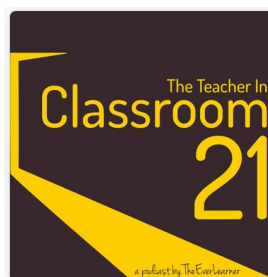
<http://www.pearsonschoolsandfecolleges.co.uk/secondary/PhysicalEducationAndSport/14-16/EdexcelGCSEPE2016/ISBN/Revision/ReviseEdexcelGCSE2016PhysicalEducationRevisionGuide.aspx>



TEDEd

<https://ed.ted.com/lessons?category=physical-fitness>

The Ever Learner PE Podcasts, Revision
theeverlearner.com



GCSE PE 9-1 REvision FLash Cards from Amazon
<https://www.amazon.co.uk/Physical-Education-Revision-Flash-Cards/dp/1789260604>

KS4 @

Queen Elizabeth's **QE**

Research Activities x3

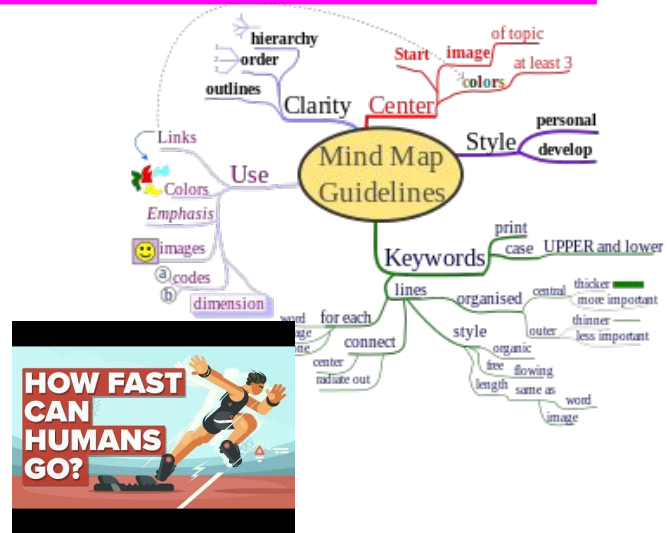
Research, reading and note making are essential skills for studying any GCSE. For the following tasks you are going to produce notes to summarise your findings.

Activity 1: Mind mapping

1. Choose a TedEd video to watch using the link on the previous page eg 'How fast can humans go?'

2. Write a summary (mind map) of the key findings

Please make sure you use a similar template to the mind map example on the right hand side of the page



Activity 2: Your Favourite Sporting Moment!

1. Find your best sporting moment video ever ...

Liverpool v Spurs in the Champions League?
England Netball winning the Commonwealth Games?

2. You will present this to the class in your first week back, on a Google Slides presentation. Make sure you include the link to the video and at least 3 bullet points on why it is your favourite sporting moment EVER!

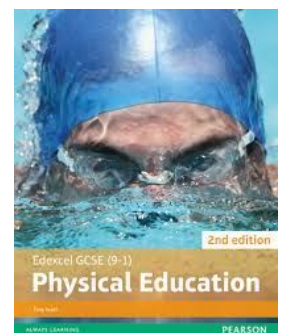


Activity 3: Knowing your subject: GCSE PE Edexcel

Create an overview of the GCSE PE specification (2016)

You will need to include the following;

1. Theory
 - Paper 1 and paper 2 content
1. Practical
 - Your chosen sports
 - Your current level of performance at each sport
 - Do you compete at QE? If not why not?



Pre-Knowledge Activities x3

As your course begins you will learn and understand new and more demanding knowledge. Complete the following tasks to make sure your knowledge is up to date so you are ready!

Activity 4: Components of Fitness Muscular endurance

The words surrounding the tennis players are components of fitness (CoF) needed to perform as a top tennis player.

1. Write what each word means
2. Describe how each will improve the players' performance.
3. Rank the most important to least important

Power



Cardiovascular fitness

Activity 5: Performance Enhancing Drugs

Performance enhancing drugs are illegal. Unfortunately some athletes still risk health and careers taking them.

Choose ONE of the sports pictured opposite.

1. List 3 reasons why an athlete may take a PED.
2. Identify a performance enhancing drug that is most commonly used as a benefit to performance in the sport.
3. Identify 2 side-effects of the PED for the sport you chose.



Activity 6: Commercialisation in Sport

Choose ONE sponsor.

1. Explain the advantages of brands sponsoring sport.
2. Explain the disadvantages of them sponsoring sport.
3. What is your most known sponsorship in sport & why?



10 Olympic Sponsors:



Glossary of key terms

Key words, terminology and phrases that will help with your transition into your GCSE

Key term	Definition
Aerobic work	Working at a moderate intensity so that the body has time to utilise oxygen for energy production allowing the body to work for a continuous period, e.g. long-distance events, for the duration of a match
Anaerobic work	Working at a high intensity without oxygen for energy production, therefore limited energy so work period will be short, e.g. sprinting up the wing in a football match
Antagonistic muscle pairs	Pairs of muscles that work together to bring about movement. As one muscle contracts (agonist) the other relaxes (antagonist). For example, the biceps and triceps. The triceps relax to allow the biceps to contract to flex the arm at the elbow. Roles are reversed to extend the arm at the elbow
Axis	A line around which the body/body part can turn
Basic skill	A simple skill requiring little concentration to execute
Closed skill	A skill performed in a predictable environment, e.g. a player taking a penalty
Complex skill	A skill requiring a lot of attention/concentration
Deviance	Behaviour that goes against the moral values or laws of the sport
Distributed practice	Intervals between skill practice in a training session for rest or mental rehearsal
Exercise	A form of physical activity done to maintain or improve health and/or fitness; it is not competitive sport
Energy balance	This is the basis of weight control. For body weight to remain constant energy input (via food) must equal energy expenditure
Feedback	Information received during or after a performance about the performance
Fitness	The ability to meet the demands of the environment
Fixed practice	Repeatedly practising a whole skill within a training session
Frontal axis	Imaginary line passing horizontally through the body from left to right, allows flexion and extension
Frontal plane	Imaginary line dividing the body vertically from front to back. Movement occurs in the frontal plane about the sagittal axis, e.g. when performing a star jump
Gamesmanship	Bending the rules/laws of a sport without actually breaking them

Glossary of key terms

Key words, terminology and phrases that will help with your transition into your GCSE

Key term	Definition
Guidance	Information to aid the learning of a skill. This information can be given visually, e.g. through demonstrations; verbally, e.g. by the coach explaining how to perform the technique; manually, e.g. by physically moving a performer into the correct position; and mechanically, e.g. using a harness in trampolining
Health	A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity
High organisation skill	A skill that cannot be broken down easily and practised separately because the phases of the skill are closely linked, e.g. cartwheel, golf swing
Hydration	Being hydrated means the body has the correct amount of water in cells, tissues and organs to function correctly. The average recommended daily intake is 2.5 litres of water for men and 2 litres for women
Lactic acid	A by-product of energy production. Formed when the body is exercising anaerobically at high intensity
Lactate accumulation	When lactate levels in the blood/muscle rise due to increased work intensity, e.g. moving from aerobic to anaerobic exercise
Lifestyle choice	The choices we make about how we live and behave that impact on our health
Low organisation skill	A basic skill that can be broken down easily into different phases so each part can be practised separately, e.g. tennis serve, front crawl swimming stroke
Macronutrient	A type of food required in relatively large amounts in the diet, e.g. carbohydrates and fats
Massed practice	Practice that occurs without rest between trials
Micronutrient	A type of food required in relatively small quantities in the diet, f vitamins and minerals
Mechanical advantage	2nd class levers allow a large load to be moved with a relatively small amount of muscular effort
Mechanical disadvantage	3rd class levers cannot lift as heavy loads, with the same amount of effort, as 2nd class levers due to the position of the effort and load from the fulcrum
Muscle fibre types	Muscle fibres make up the skeletal muscle. The different fibre types are type I, type IIa and type IIx
Open skill	Skills performed in an unpredictable environment where the performer has to react and adjust due to the changing nature of the situation, for example a player trying to pass the ball to a team mate who is trying to get free from the opposition

Glossary of key terms

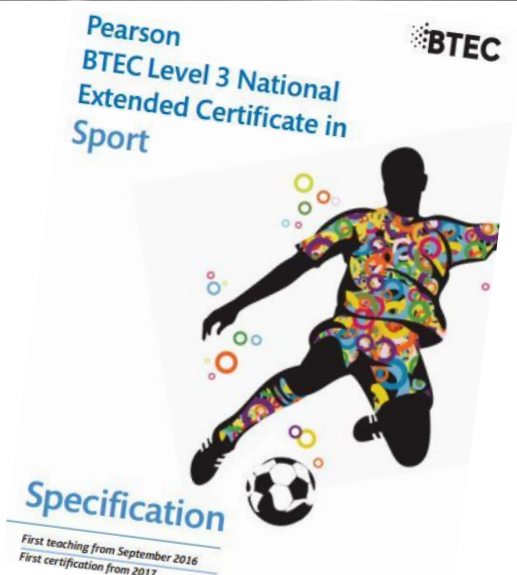
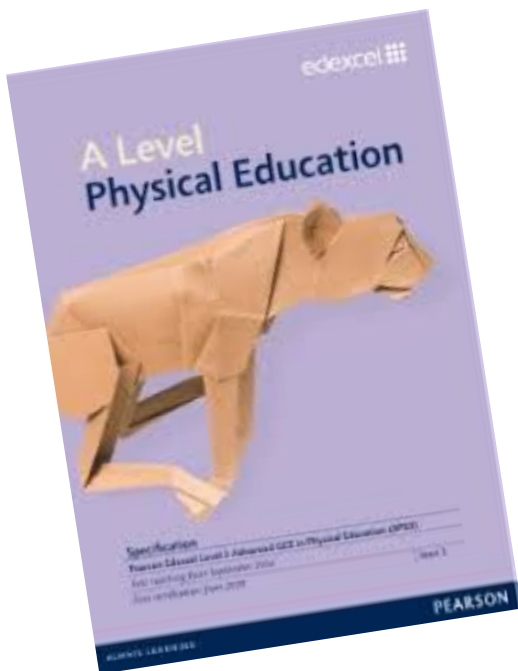
Key words, terminology and phrases that will help with your transition into GCSE PE

Key term	Definition
Sagittal plane	Imaginary line dividing the body vertically into left and right sides
Sedentary lifestyle	Where there is little, irregular or no physical activity
Sportsmanship	Qualities of fairness, following the rules, being gracious in defeat or victory
Transverse plane	Imaginary line dividing the body horizontally from front to back
Type I	Also known as slow twitch muscle fibres, they are suited to low intensity aerobic work, for example marathon running, as they can be used for a long period of time without fatiguing
Type IIa	These are fast twitch muscle fibres, they are used in anaerobic work, but can be improved through endurance training to increase their resistance to fatigue
Type IIx (previously type IIb)	These are fast twitch muscle fibres that are used in anaerobic work and can generate much greater force than the other fibre types but fatigue quickly. They would be beneficial to 100 m sprinters
Variable practice	A training session that includes frequent changes of task so that the skill can be repeated in different situations
Vascular shunting	Process that increases blood flow to active areas during exercise by diverting blood away from inactive areas. This is achieved by vasoconstriction and vasodilation
Vasoconstriction	Narrowing of the internal diameter (lumen) of the blood vessel to decrease blood flow
Vasodilation	Widening of the internal diameter (lumen) of the blood vessel to allow increased blood flow
Vertical axis	Imaginary line passing vertically through the body, allows rotation of the body in an upright position

The world is out there...

GCSE Physical Education is now a well-established academic subject, with one of the highest growth rates of any subject area in the UK. The course provides an excellent foundation for specialist study in both A-Level Physical Education and BTEC Sport at Post 16. It provides an excellent platform for candidates intending to pursue careers in teaching, coaching, sports development, sports therapy, the leisure industry, recreational management, health, leisure and fitness and professional sport.

‘Success is where preparation and opportunity meet’



Activity 1: Mind mapping

1. The name of my TedEd video:_____
2. My summary/mind map of key findings:

Activity 2: Your Favourite Sporting Moment!

1. My most favourite sporting moment ever:_____
2. Link of the video: _____
3. Why this is my favourite sporting moment EVER!

-
-
-

Activity 3: Knowing your subject: GCSE PE Edexcel

1.

Paper	Theory Content	
Paper 1		
Paper 2		

2.

My Practical Sports	Level of Performance	Compete for QE Y/N?
1		
2		
3		

Name_____ My GCSE PE Pre-Knowledge Activities

Activity 4: Components of Fitness

Component of fitness	How it helps improve a tennis players' performance	Ranking
Power		
Cardiovascular fitness		
Muscular endurance		

Activity 5: Performance Enhancing Drugs

1. Name of my sport _____ and why an athlete would take a PED:

A.

B.

C.

1. Name of a common PED used in this sport _____ and why:

1. Two side effects of the PED:

A.

B.

Activity 6: Commercialisation in Sport

My chosen brand of sponsorship: _____

1. Advantages for sponsoring sport:

1. Disadvantages of sponsoring sport:

1. My most commonly known brand of sponsorship in sport is _____ and how I know about it/where I've seen it: