

## PHYSICAL EDUCATION REVISION TRACKER

Topic	Topic Summary	Tick each section when completed revision	Colour code each section based on your knowledge of the topic. Red- Weak knowledge Amber- Knowledgeable but areas to improve Green- Very Knowledgeable
1.1.a The structure and function of the skeletal system	Location of major bones		
	Functions of the skeleton		
	Types of synovial joint		
	Types of movement at hinge joints and ball and socket joints		
	Other components of joints		
1.1.b The structure and function of the muscular system	Location of major muscle groups		
	The roles of muscle in movement		
1.1.c Movement analysis	Lever systems		
	Planes of movement and axes of rotation		
1.1.d The cardiovascular and respiratory systems	Structure and function of the cardiovascular system		
	Structure and function of the respiratory system		
	Aerobic and anaerobic exercise		
1.1.e Effects of exercise on body systems	Short-term effects of exercise		
	Long-term (training) effects of exercise		
1.2.a Components of fitness	Components of fitness		
1.2.b Applying the principles of training	Principles of training		
	Optimising training		
	Warm up and cool down		
1.2.c Preventing injury in physical activity and training	Prevention of injury		
2.1.a Engagement patterns of different social groups in physical activities and sports	Physical activity and sport in the UK		
	Participation in physical activity and sport		
2.1.b Commercialisation of physical activity and sport	Commercialisation of sport		
2.1.c Ethical and socio-cultural issues in physical activity and sport	Ethics in sport		
	Drugs in sport		
	Violence in sport		
2.2 Sports psychology	Characteristics of skilful movement		
	Classification of skills		
	Goal setting		
	Mental preparation		
	Types of guidance		
	Types of feedback		
2.3 Health, fitness and well-being	Health, fitness and well-being		
	Diet and nutrition		